

The Trigger Point Therapy Workbook

THIRD EDITION

YOUR SELF-TREATMENT GUIDE FOR PAIN RELIEF

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Foreword by David G. Simons, MD,
coauthor of *Travell & Simons'*
Myofascial Pain and Dysfunction:
The Trigger Point Manual

The proven method for overcoming soft-tissue pain,
now available in a practical, step-by-step format

Fibromyalgia • Chronic Myofascial Pain Syndrome • Low Back Pain
Carpal Tunnel Syndrome • Tennis Elbow • Neck and Jaw Pain
Frozen Shoulder Pain • Arthritis • Headaches • Sore Knees and Feet
Accident Trauma • Joint Pain and Muscle Aches
Sports and Repetitive Strain Injury

**Fully Revised
& Updated**

The Trigger Point Therapy Workbook

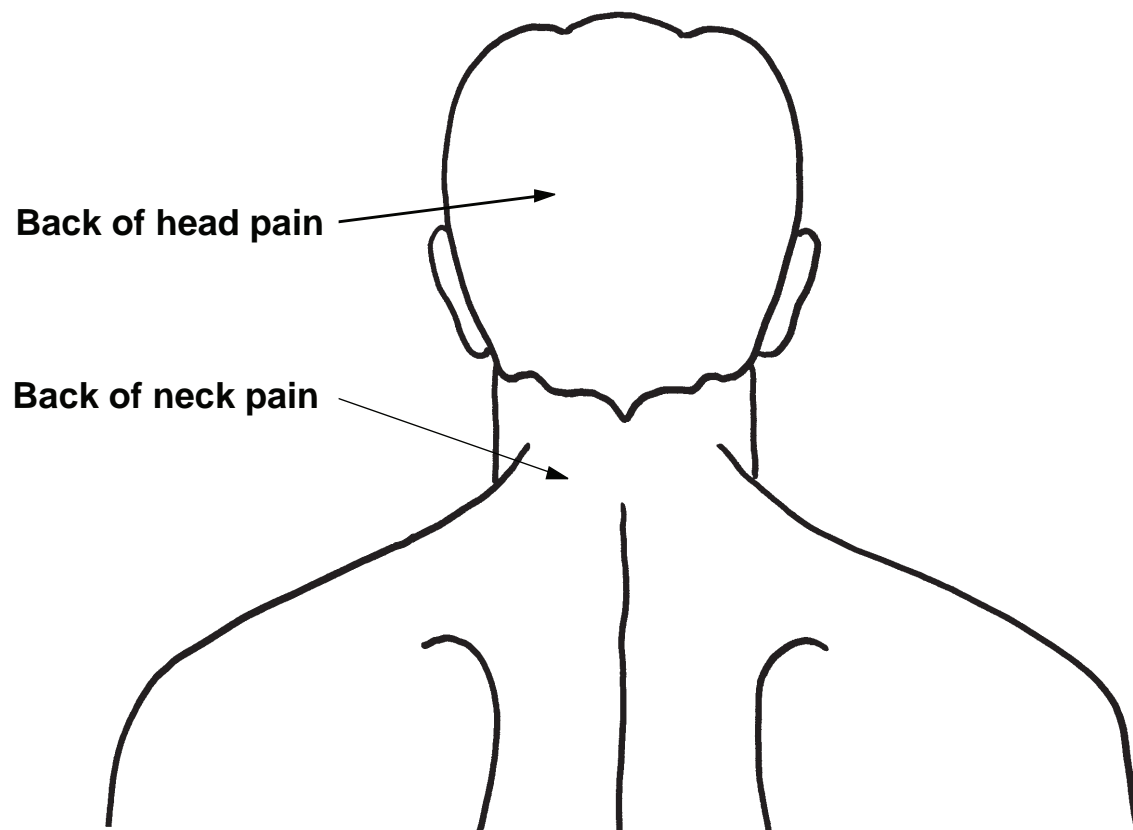
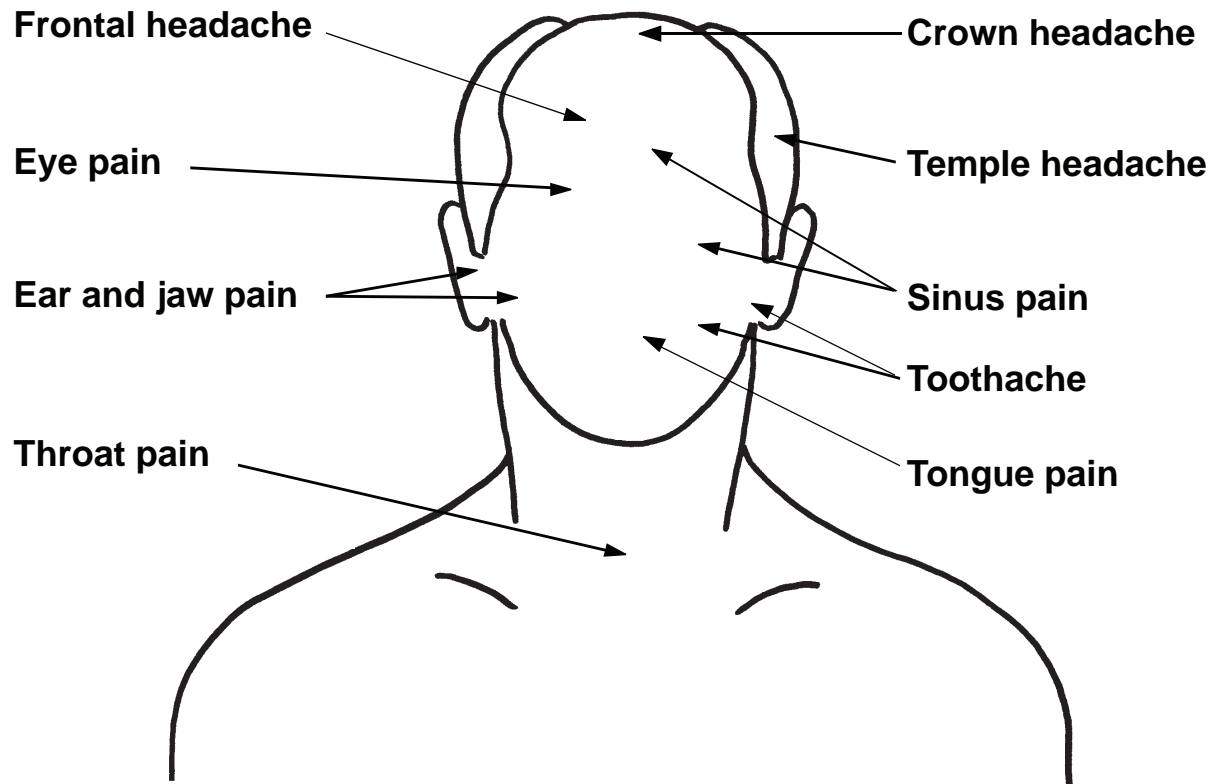
3rd edition

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Pain Guide

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2. Pain Guide: Shoulder, Upper Back, and Upper Arm
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7. Pain Guide: Lower Leg, Ankle, and Foot



Pain Guide

Head, Face, and Neck

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. Also see Other Symptoms Guide.

Back of Head

trapezius
 sternocleidomastoid
 semispinalis
 splenius cervicis
 suboccipitals
 occipitalis
 digastric
 temporalis

Back of Neck

trapezius
 multifidi
 levator scapulae
 splenius cervicis
 infraspinatus
 digastric

Crown Headache

sternocleidomastoid
 splenius capitis

Ear and Jaw

lateral pterygoid
 masseter
 medial pterygoid
 sternocleidomastoid
 trapezius
 soleus

Eye and Eyebrow

sternocleidomastoid
 temporalis
 splenius cervicis
 masseter
 suboccipitals
 occipitalis
 orbicularis oculi
 trapezius

Frontal Headache

sternocleidomastoid
 semispinalis capitis
 frontalis
 zygomaticus major

Sinus

sternocleidomastoid
 masseter
 lateral pterygoid
 orbicularis oculi
 zygomaticus major

Temple Headache

trapezius
 sternocleidomastoid
 temporalis
 splenius cervicis
 suboccipitals
 semispinalis capitis

Throat

sternocleidomastoid
 digastric
 medial pterygoid
 longus colli
 platysma

Tongue

sternocleidomastoid
 medial pterygoid
 mylohyoid

Toothache

temporalis
 masseter
 digastric

Other Symptoms Guide

Head, Face, and Neck

Blurred Vision

splenius cervicis
suboccipitals
sternocleidomastoid

Cough

sternocleidomastoid

Dizziness

sternocleidomastoid

Ear Itch

masseter

Ear Stuffiness

masseter
medial pterygoid

Excess Mucus or Phlegm

sternocleidomastoid
lateral pterygoid
zygomaticus
levator labii

Eyelid Droop

sternocleidomastoid
orbicularis oculi

Eye Redness

sternocleidomastoid

Eye Twitch

sternocleidomastoid
orbicularis oculi

Hearing Loss

sternocleidomastoid

Imbalance

sternocleidomastoid

Malocclusion of Teeth (teeth do not fit together)

temporalis
lateral pterygoid
digastric

Migraine Headache

trapezius
sternocleidomastoid
splenius cervicis
suboccipitals
temporalis

Nausea

sternocleidomastoid

Numbness**Head**

splenius cervicis
semispinalis capitis

Pain or Trouble with Motion

Head: Lying Down
semispinalis capitis

Teeth: Biting Down
medial pterygoid

Throat: Swallowing
medial pterygoid
digastric
mylohyoid

Reduced Range of Motion**Jaw**

masseter
temporalis
lateral pterygoid
medial pterygoid
digastric

Neck: Flexion/Extension

semispinalis
splenius cervicis
suboccipitals

Neck: Rotation

levator scapulae
splenius cervicis
suboccipitals
sternocleidomastoid
trapezius

Neck: Sideways Flexion

trapezius
sternocleidomastoid
splenius cervicis
scalenes
suboccipitals

Sinus Drainage

masseter

Sore Throat

sternocleidomastoid
longus colli

Stiffness, Neck

trapezius
levator scapulae
semispinalis
splenius cervicis
sternocleidomastoid
suboccipitals

Swallowing Difficulty

lateral pterygoid
medial pterygoid
longus colli

Tearing

sternocleidomastoid

Temporomandibular Joint (TMJ) Dysfunction

masseter
lateral pterygoid
medial pterygoid
temporalis
sternocleidomastoid

Tenderness**Back of the Head**

semispinalis capitis

Scalp

sternocleidomastoid

Tinnitus (ringing in the ears)

masseter
sternocleidomastoid
lateral pterygoid

Tooth Sensitivity

masseter
temporalis
digastric

Trigeminal Neuralgia

sternocleidomastoid

Vertigo

sternocleidomastoid

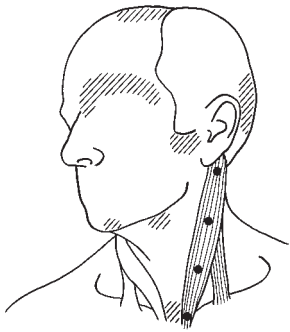
Visual Disturbances

sternocleidomastoid
splenius cervicis
suboccipitals

Vocal Tension

masseter
mylohyoid
longus colli

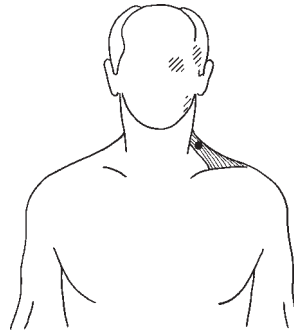
Caution: Please read the full treatment instructions for each muscle before beginning.



Sternocleidomastoid, sternal branch: trigger points and referred pain pattern



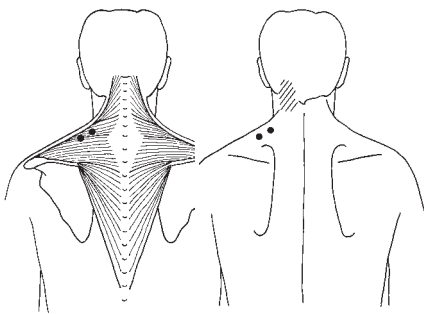
Sternocleidomastoid, clavicular branch: trigger points and referred pain pattern



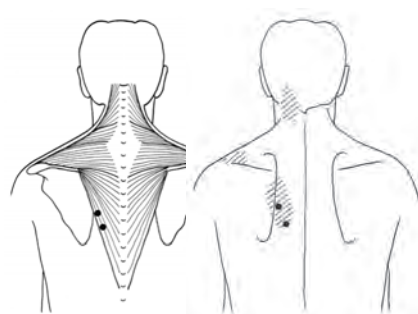
Trapezius number 1 trigger point and referred pain pattern: front view



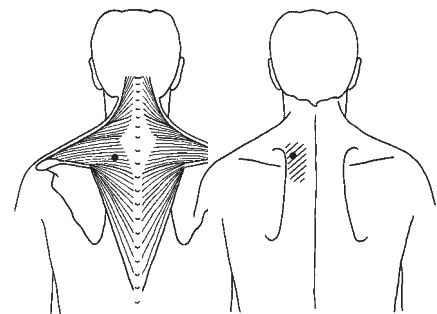
Upper trapezius number 1 trigger point and referred pain pattern: side view



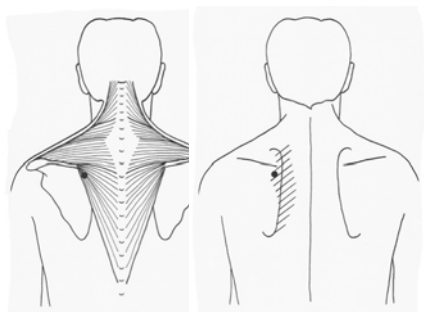
Upper trapezius number 2 trigger points and referred pain pattern



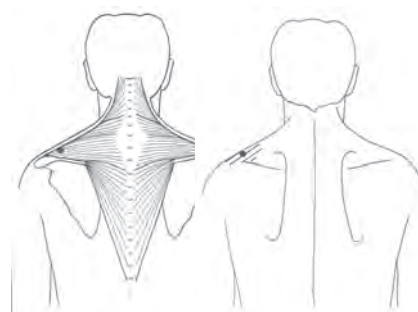
Lower trapezius number 3 trigger points and referred pain pattern



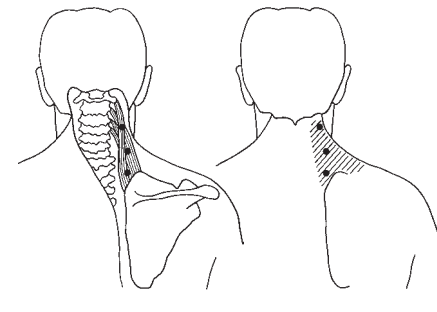
Trapezius number 4 trigger point and referred pain pattern



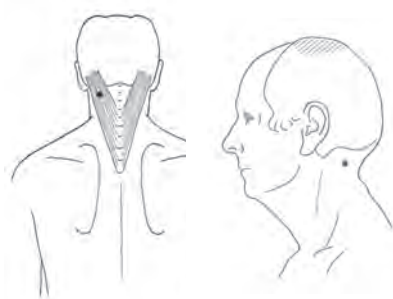
Middle trapezius number 5 trigger point and referred pain pattern



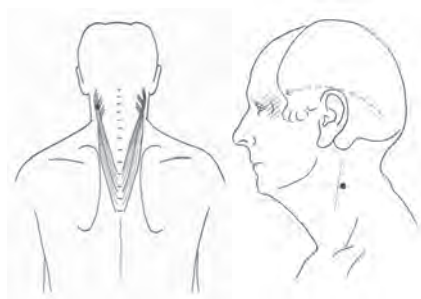
Upper trapezius number 6 trigger point and referred pain pattern



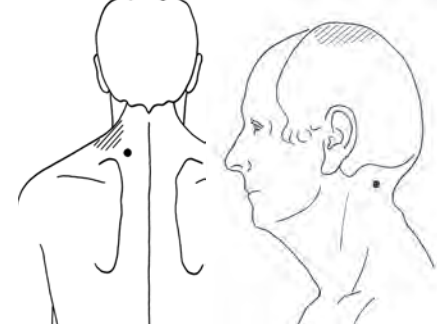
Levator scapulae trigger points and referred pain pattern



Splenius capitis trigger point and referred pain pattern

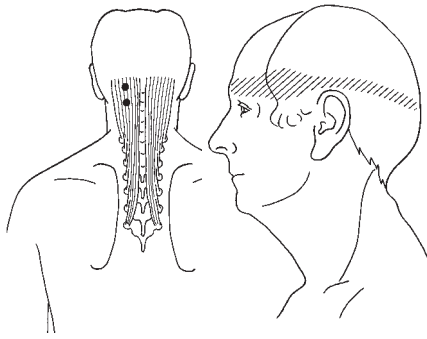


Splenius cervicis number 1 trigger point and referred pain pattern

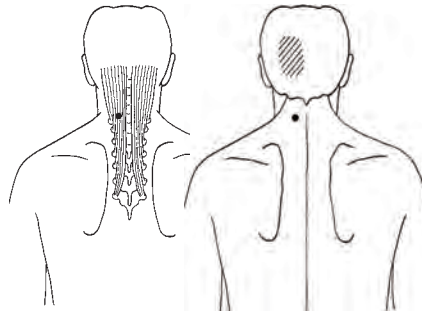


Splenius cervicis number 2 trigger point and referred pain pattern

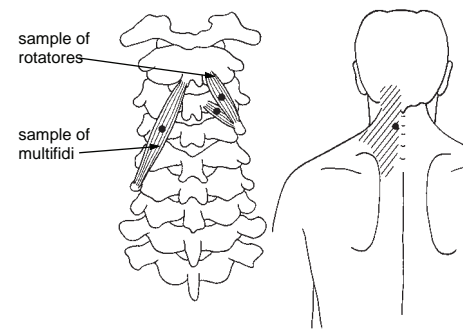
Caution: Please read the full treatment instructions for each muscle before beginning.



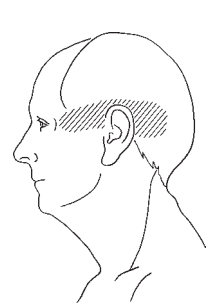
Sample semispinalis capitis number 1 trigger points and referred pain pattern



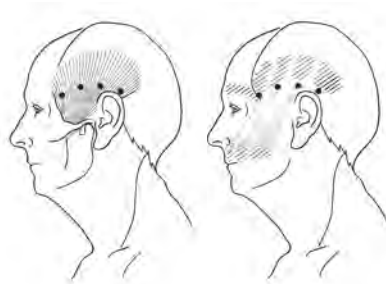
Sample semispinalis capitis number 2 trigger points and referred pain pattern



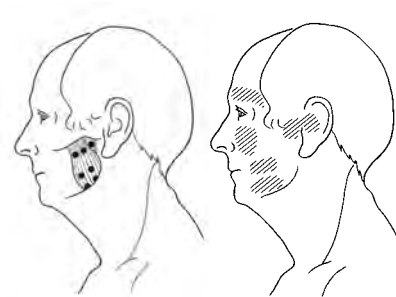
Multifidi and rotatores trigger points and referred pain pattern



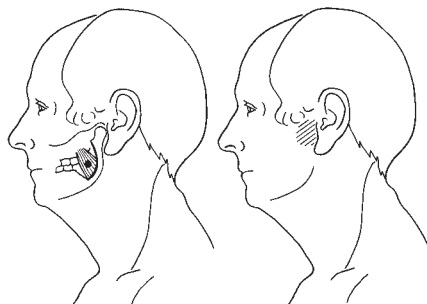
Suboccipitals referred pain pattern



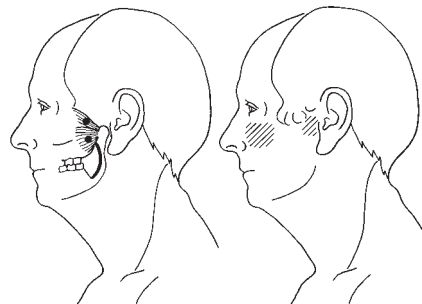
Temporalis trigger points and referred pain patterns



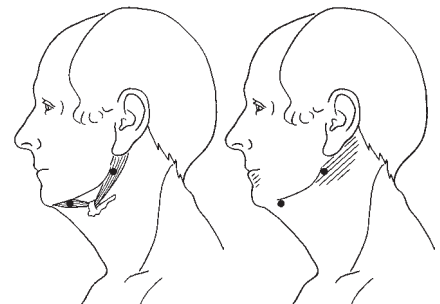
Masseter trigger points and referred pain pattern



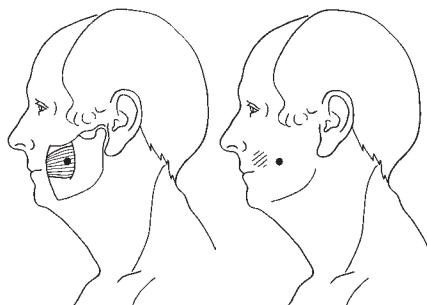
Medial pterygoid trigger point and referred pain pattern. (Note that the jawbone is cut away to reveal this muscle deep to the bone.)



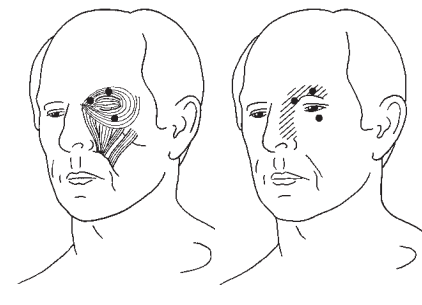
Lateral pterygoid trigger points and referred pain pattern



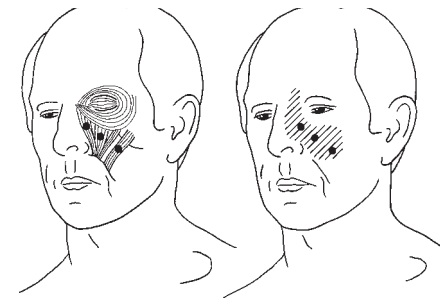
Digastric trigger points and referred pain pattern. Pain shown below the lower lip is actually felt in the lower teeth.



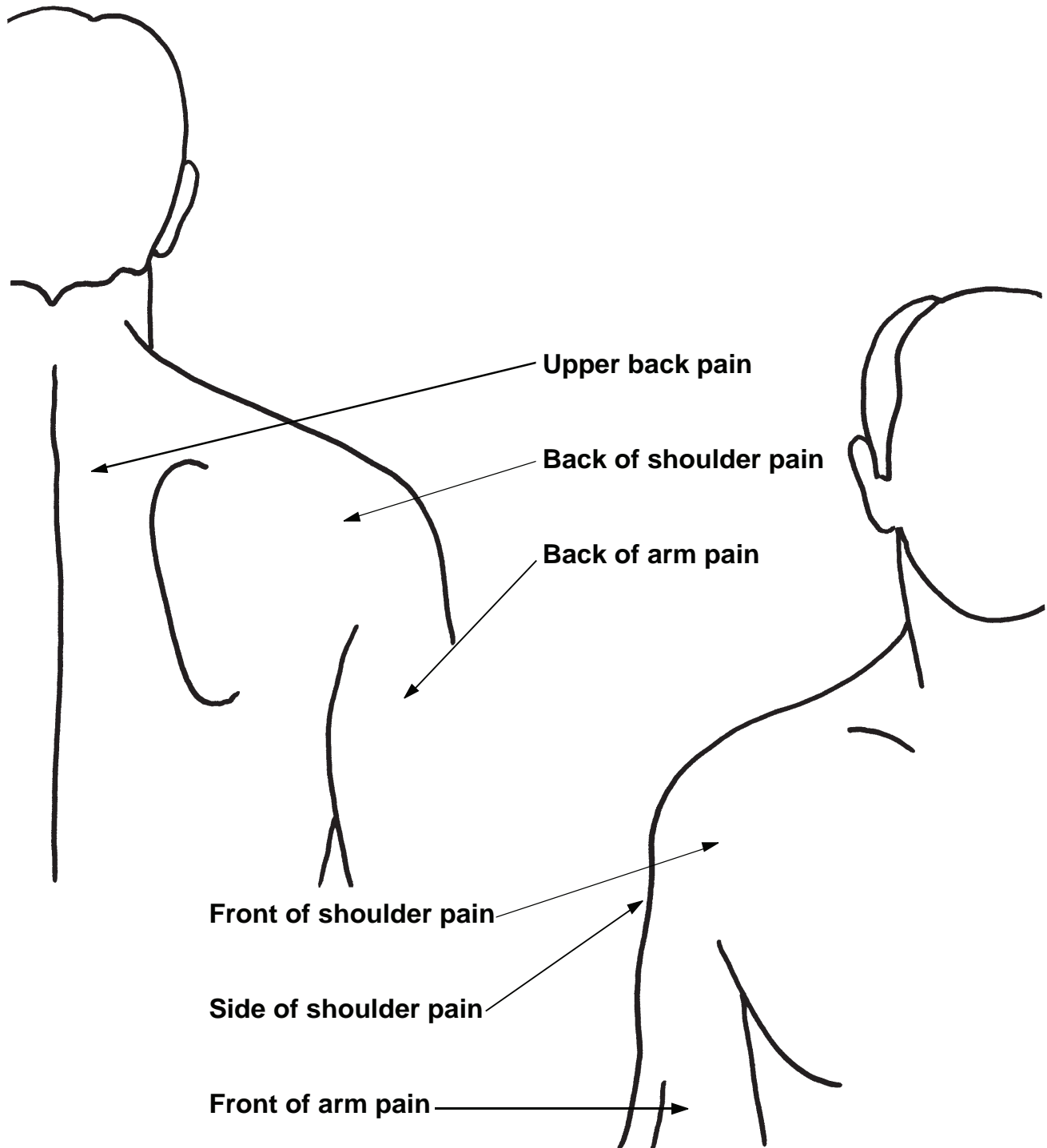
Buccinator trigger point and referred pain pattern



Obicularis oculi trigger points and referred pain pattern



Zygomaticus and levator labii trigger points and referred pain pattern



Pain Guide

Shoulder, Upper Back, and Upper Arm

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Back of Arm

scalenes
triceps
posterior deltoid
subscapularis
supraspinatus
teres major
teres minor
latissimus dorsi
serratus posterior superior
coracobrachialis

Back of Shoulder

posterior deltoid
levator scapula
scalenes
supraspinatus
teres major
teres minor
subscapularis
serratus posterior superior
latissimus dorsi
triceps
trapezius
superficial spinal muscles

Front of Arm

scalenes
infraspinatus
biceps
brachialis
triceps
supraspinatus
anterior deltoid
subclavius

Front of Shoulder

infraspinatus
anterior deltoid
scalenes
supraspinatus
pectoralis major
pectoralis minor
biceps
coracobrachialis
latissimus dorsi
subclavius

Side of Shoulder

infraspinatus
scalenes
middle deltoid
supraspinatus

Upper Back

scalenes
levator scapula
trapezius
rhomboids
latissimus dorsi
deep spinal muscles
superficial spinal muscles
serratus posterior superior
infraspinatus
serratus anterior
splenius cervicis
supraspinatus
multifidi and rotatores

Other Symptoms Guide

Shoulder, Upper Back, and Upper Arm

Bursitis

scalenes
supraspinatus
teres major
subscapularis
deltoids
biceps
latissimus dorsi
pectoralis major

Crepitus (sounds with movement)

Back

rhomboids

Shoulder

supraspinatus
biceps

Frozen Shoulder (adhesive capsulitis)

subscapularis
infraspinatus
supraspinatus
pectoralis major
serratus anterior
latissimus dorsi
rhomboids
deltoids

Impingement Syndromes

supraspinatus
anterior deltoid
subscapularis
biceps

Musculocutaneous Nerve Entrapment

coracobrachialis

Pain or Stiffness with Movement

Breathing

serratus posterior superior
serratus anterior
scalenes
pectoralis minor
latissimus dorsi

Driving without Power Steering

teres major

Raising Arm Out to the Side

supraspinatus
subscapularis
deltoids

Reaching Back at Shoulder Level

rhomboids
pectoralis minor

Reaching Behind

supraspinatus
infraspinatus
pectoralis minor
coracobrachialis

Reaching Down

rhomboids

Reaching Up and Back

teres major

Reaching Up and Forward

latissimus dorsi
teres major
supraspinatus
pectoralis minor

Resting Elbow on a Desk

teres major

Sleeping: Side Lying

infraspinatus
latissimus dorsi

Turning Arm Palm Up

subscapularis

Reduced Range of Motion

Abduction (movement toward the outside)

deltoids
subscapularis
pectoralis major
pectoralis minor
teres major
triceps
supraspinatus

Adduction (movement toward the body)

infraspinatus
supraspinatus

Extension of Upper Arm

deltoids
infraspinatus
pectoralis minor
supraspinatus
biceps

External (lateral) Rotation

subscapularis
infraspinatus
pectoralis major
pectoralis minor

Flexion of Upper Arm

deltoids
pectoralis minor
supraspinatus
infraspinatus
biceps
teres major
latissimus dorsi
pectoralis minor

Internal (medial) rotation

infraspinatus
teres minor
subscapularis

Upward Rotation (movement of arm from 90 degrees abduction to completely overhead)

- supraspinatus
- deltoids
- subscapularis
- serratus anterior
- coracobrachialis
- biceps

Restlessness

- scalenes

Tenderness (shoulder)

- infraspinatus
- subscapularis
- biceps

Tendonitis or Arthritis

- supraspinatus
- subscapularis
- deltoids
- biceps
- infraspinatus
- teres major
- pectoralis major

Thoracic Outlet Syndrome

- scalenes
- pectoralis minor
- subclavius

Pseudo–Thoracic Outlet Syndrome

- pectoralis major
- latissimus dorsi
- subscapularis
- teres major

Weakness**Shoulder**

- deltoids
- infraspinatus

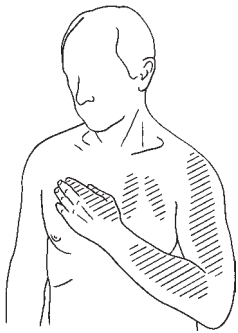
Arm

- biceps
- scalenes

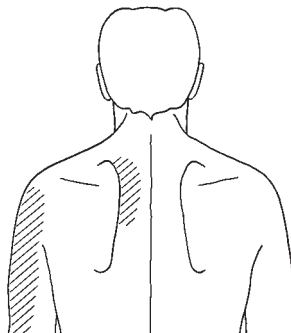
Caution: Please read the full treatment instructions for each muscle before beginning.

Pain Illustrations Guide

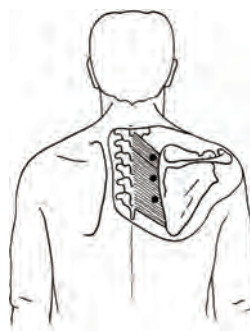
Shoulder, Upper Back, and Upper Arm



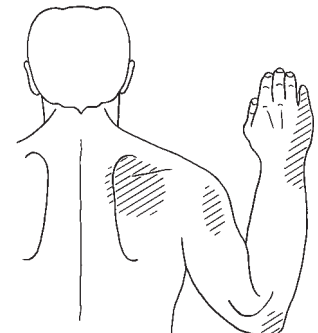
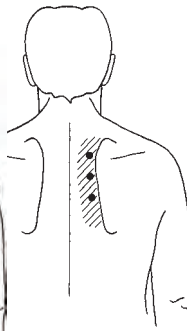
Scalene referred pain pattern, front view



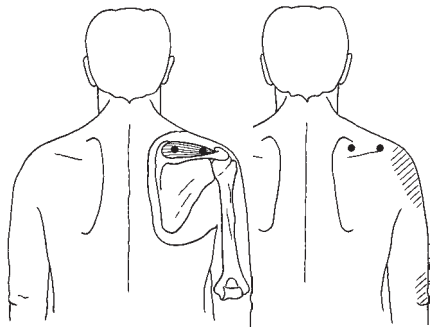
Scalene referred pain pattern, back view



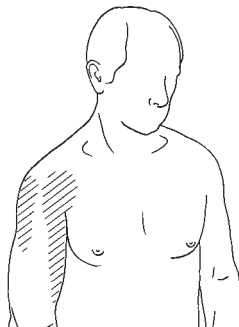
Rhomboid trigger points and referred pain pattern



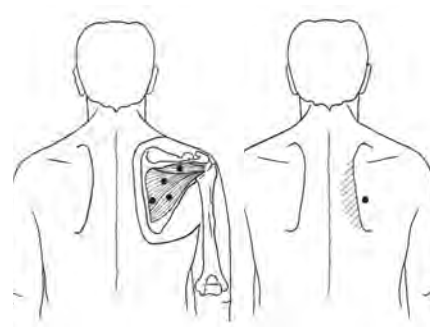
Serratus posterior superior referred pain pattern



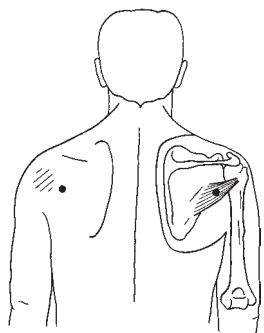
Supraspinatus trigger points and referred pain pattern



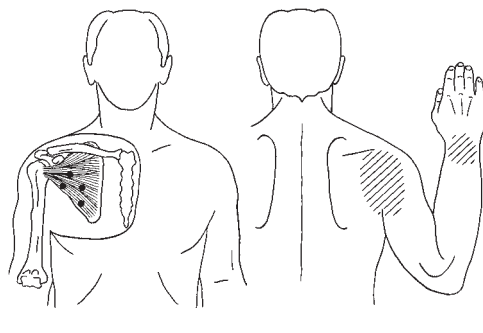
Infraspinatus referred pain pattern



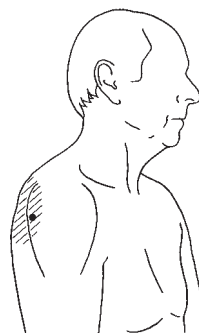
Infraspinatus medial border trigger point with referred pain pattern



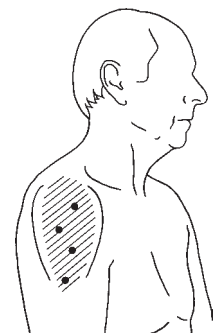
Teres minor trigger point and referred pain pattern



Subscapularis trigger points and referred pain pattern

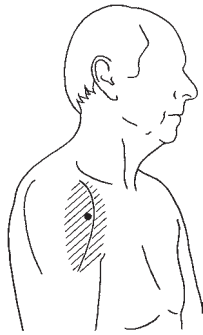


Posterior deltoid pain pattern

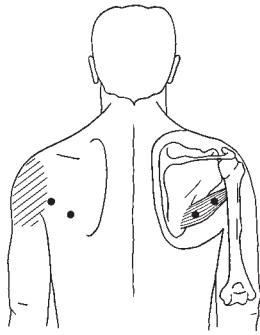


Middle deltoid pain pattern

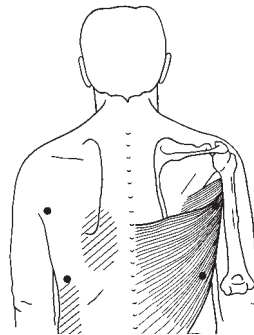
Caution: Please read the full treatment instructions for each muscle before beginning.



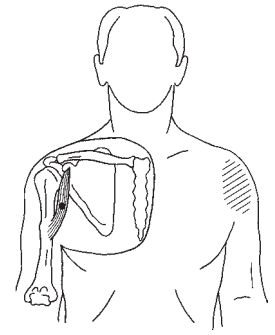
Anterior deltoid pain pattern



Teres major trigger points and referred pain pattern



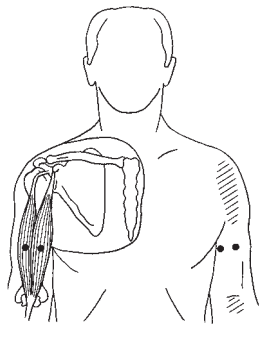
Latissimus dorsi trigger points and referred pain pattern



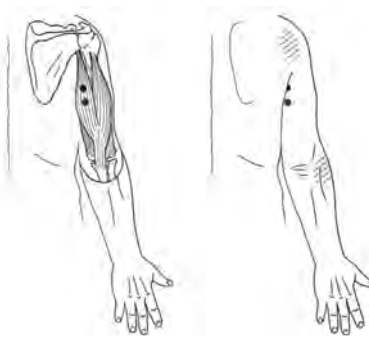
Coracobrachialis trigger points and anterior referred pain pattern



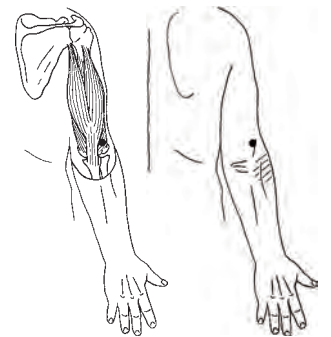
Coracobrachialis posterior referred pain pattern



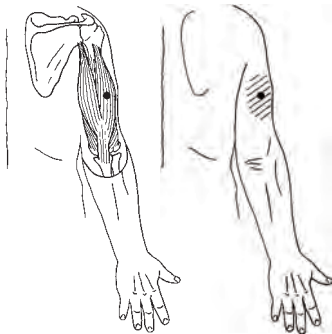
Biceps trigger points and referred pain pattern



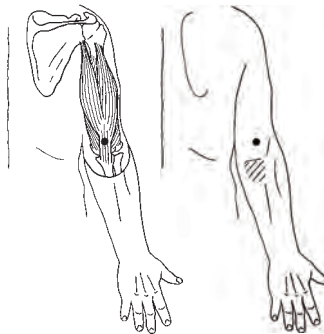
Triceps number 1 trigger points and referred pain pattern



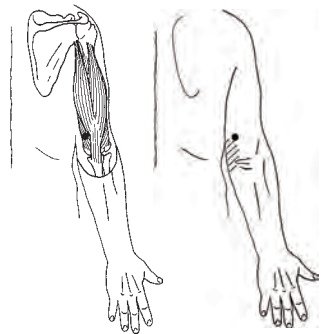
Triceps number 2 trigger points and referred pain pattern



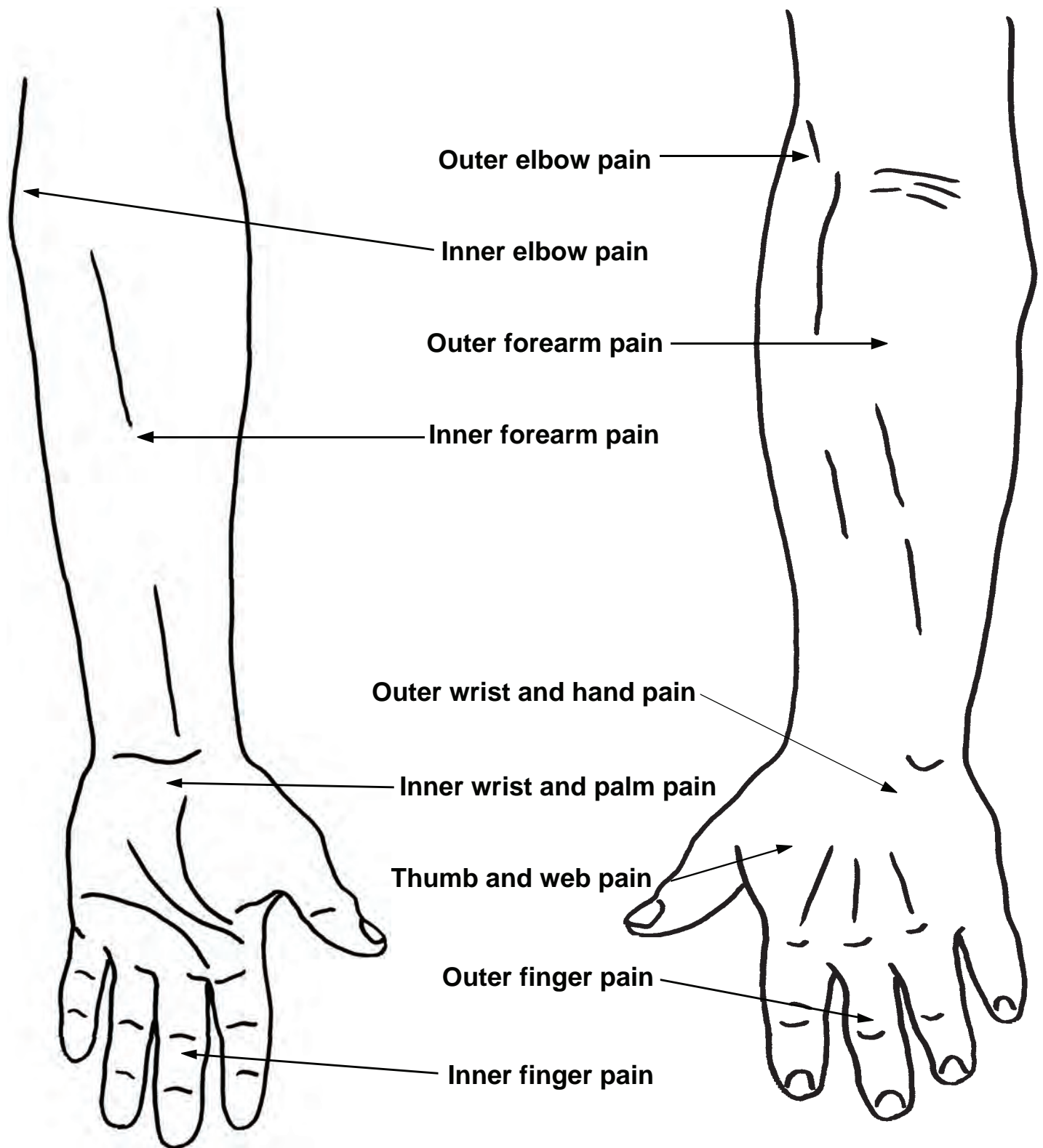
Triceps number 3 trigger points and referred pain pattern



Triceps number 4 trigger points and referred pain pattern



Triceps number 5 trigger points and referred pain pattern



Pain Guide

Elbow, Forearm, and Hand

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Inner Elbow

triceps
pectoralis major
abductor pollicis brevis
 pectoralis minor
 serratus anterior
 serratus posterior superior
 abductor pollicis brevis

Inner Finger (palm side)

flexor digitorum
interosseous
 triceps
 latissimus dorsi
 serratus anterior
abductor digiti minimi manus
pronator quadratus
 subclavius

Inner Forearm

pronator quadratus
 palmaris longus
 pronator teres
 serratus anterior
 triceps
 latissimus dorsi
 pectoralis major
 pectoralis minor
 serratus posterior superior

Inner Wrist and Palm

flexor carpi radialis
flexor carpi ulnaris
opponens pollicis
palmaris longus
pronator teres
pronator quadratus
abductor pollicis brevis
abductor pollicis longus
 pectoralis major
 pectoralis minor
 latissimus dorsi
 serratus anterior

Outer Finger (dorsal side)

extensor digitorum
interosseous
scalenes
abductor digiti minimi manus
abductor pollicis longus
 triceps
 pectoralis minor
 latissimus dorsi
 subclavius

Outer Forearm

brachioradialis
 triceps
 scalenes
 extensors
 infrapinatus
 teres major
 coracobrachialis
 supraspinatus
 subclavius

Outer Elbow

extensors
 supinator
brachioradialis
 triceps
 supraspinatus
 anconeus

Outer Wrist and Hand

extensors
abductor pollicis longus
abductor pollicis brevis
 subscapularis
 coracobrachialis
 scalenes
 latissimus dorsi
 serratus posterior superior
first dorsal interosseous

Thumb and Web

supinator
scalenes
brachialis
 infrapinatus
 extensor carpi radialis longus
brachioradialis
abductor pollicis brevis
opponens pollicis
adductor pollicis
 subclavius
 first dorsal interosseous
 flexor pollicis longus

Other Symptoms Guide

Elbow, Forearm, and Hand

Arthritis

extensor digitorum
interosseous

Carpal Tunnel Syndrome

Entrapment of the Median Nerve in the Forearm

pronator teres
flexor carpi radialis

Pseudo-Carpal Tunnel Syndrome

brachialis
flexor digitorum
scalenes
palmaris longus
opponens pollicis
adductor pollicis
brachioradialis
extensor carpi radialis longus
extensor carpi radialis brevis
subscapularis

Cubital Tunnel Syndrome

Entrapment of the Ulnar Nerve in the Forearm

flexor carpi ulnaris
flexor digitorum

Entrapment of the Ulnar Nerve in the Hand

opponens digiti minimi

de Quervain's Stenosing Tenosynovitis

abductor pollicis longus
extensor carpi radialis longus
extensor carpi radialis brevis
brachioradialis
palmaris longus

Difficulty or Pain with Fine Motor Skills

thenar (thumb muscles)
hypothenar (pinky muscles)
interosseous

Finger Stiffness, Tenderness, or Weakness

extensor digitorum
extensor indicis
flexor digitorum
interosseous
hypothenar

Golfer's Elbow (medial epicondylitis)

triceps
pectoralis major
forearm flexors
abductor pollicis brevis

Grip (handshake, doorknob, screwdriver, hand tools)

Undependable

scalenes
extensor carpi radialis longus
extensor digitorum
supinator

Weakness

brachioradialis
extensor carpi radialis longus
extensor carpi radialis brevis
extensor digitorum

Pain

extensor carpi radialis longus
extensor digitorum
supinator
flexor digitorum
flexor carpi radialis
flexor ulnaris
interosseous

Hand Swelling

scalenes

Heberden's Nodes

interosseous
adductor pollicis
abductor digiti minimi

Numbness and Tingling

Forearm

triceps #3
pectoralis minor
serratus posterior superior

Middle and Ring Fingers (with index or pinky occasionally)

pronator teres
flexor digitorum

Pinky, Ring, and Middle Fingers

scalenes
pectoralis minor
serratus posterior superior
triceps #3
teres minor
flexor carpi ulnaris
flexor digitorum

Thumb and First Finger

extensor carpi radialis brevis
brachialis
supinator

Radial Nerve Entrapment

triceps #3 (
 extensor carpi radialis brevis
 supinator
 brachialis

Tenderness**Elbow**

triceps
 brachioradialis
 supinator

Palm (prickling feeling)

palmaris longus

Thumb (and web of hand)

brachialis
 scalenes
 supinator
 brachioradialis
 extensor carpi radialis longus

Wrist

flexor carpi radialis
 flexor ulnaris

Tennis Elbow (lateral epicondylitis)

supinator
 brachioradialis
 extensor carpi radialis longus
 extensor digitorum
 triceps
 anconeus
 biceps
 brachialis

Thoracic Outlet Syndrome

scalenes
 pectoralis minor
 subclavius

Pseudo–Thoracic Outlet Syndrome

pectoralis major
 latissimus dorsi
 subscapularis
 teres major

Trigger Finger

tendons of the hand and finger
 flexors

Trigger Thumb

flexor pollicis brevis

Weakness (also see Grip)**Arm**

biceps
 scalenes

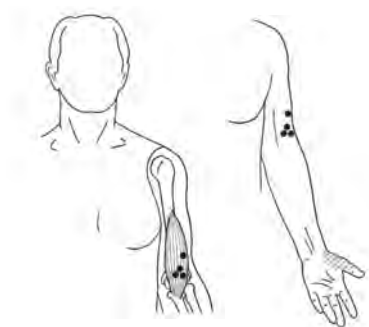
Hand

scalenes
 triceps
 extensor carpi radialis brevis

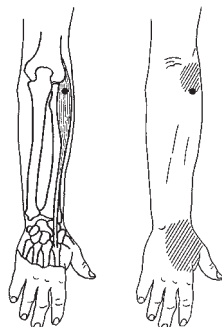
Caution: Please read the full treatment instructions for each muscle before beginning.

Pain Illustrations Guide

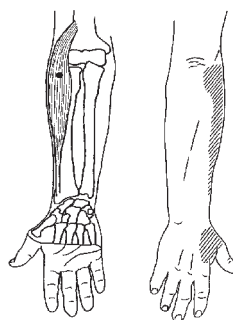
Elbow, Forearm, and Hand



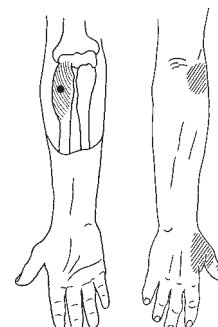
Brachialis trigger points and referred pain pattern. The inner 2 trigger points may cause entrapment of the radial nerve.



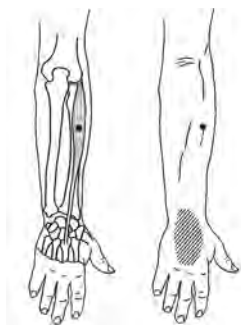
Extensor carpi radialis longus trigger point and referred pain pattern. The drawings show the outer side of the forearm and hand.



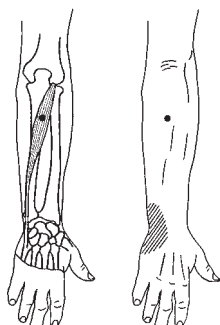
Brachioradialis trigger point and referred pain pattern



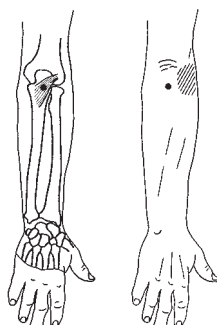
Supinator trigger point and referred pain pattern



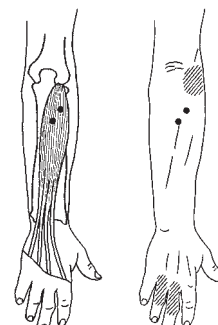
Extensor carpi radialis brevis trigger point and referred pain pattern



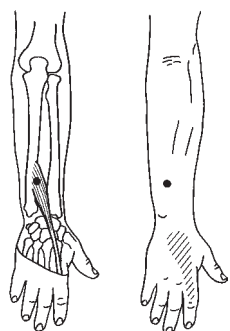
Extensor carpi ulnaris trigger point and referred pain pattern



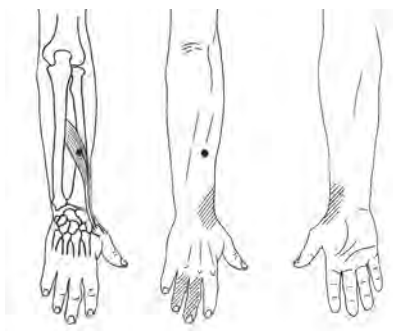
Anconeus trigger point and referred pain pattern



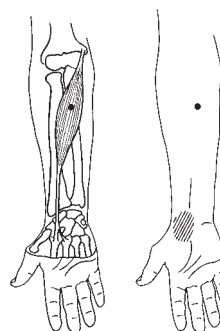
Extensor digitorum trigger points and referred pain pattern



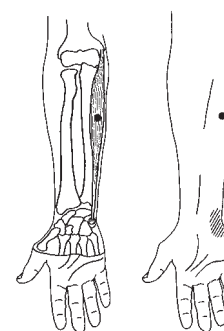
Extensor indicis trigger point and referred pain pattern



Abductor pollicis longus sample trigger point and referred pain pattern

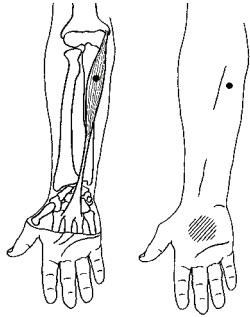


Flexor carpi radialis trigger point and referred pain pattern

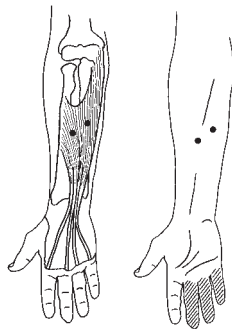


Flexor carpi ulnaris trigger point and referred pain pattern

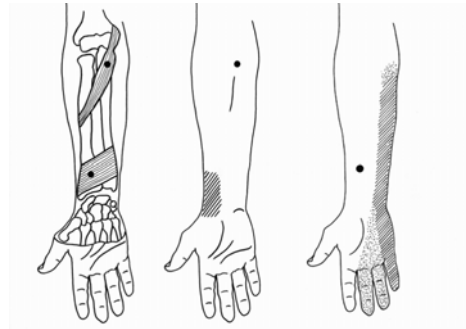
Caution: Please read the full treatment instructions for each muscle before beginning.



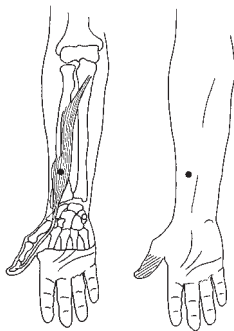
Palmaris longus trigger point and referred pain pattern



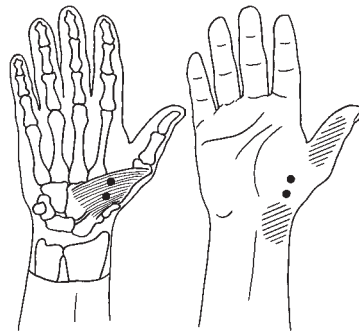
Flexor digitorum trigger points and referred pain pattern



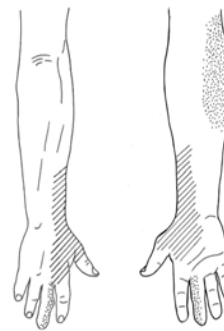
Pronator teres and pronator quadratus trigger points, pronator teres referred pain, and pronator quadratus referred pain



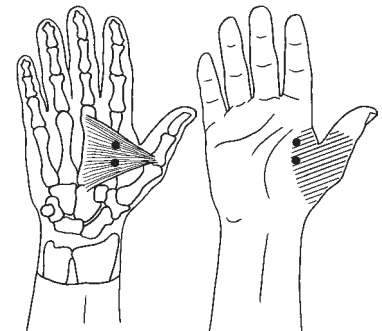
Flexor pollicis longus trigger point and referred pain pattern



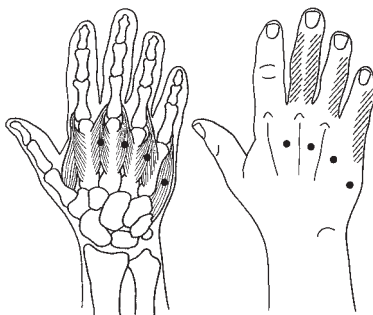
Opponens pollicis trigger points and referred pain pattern



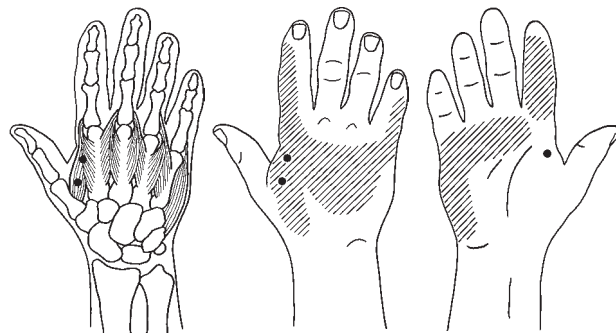
Abductor pollicis brevis referred pain pattern



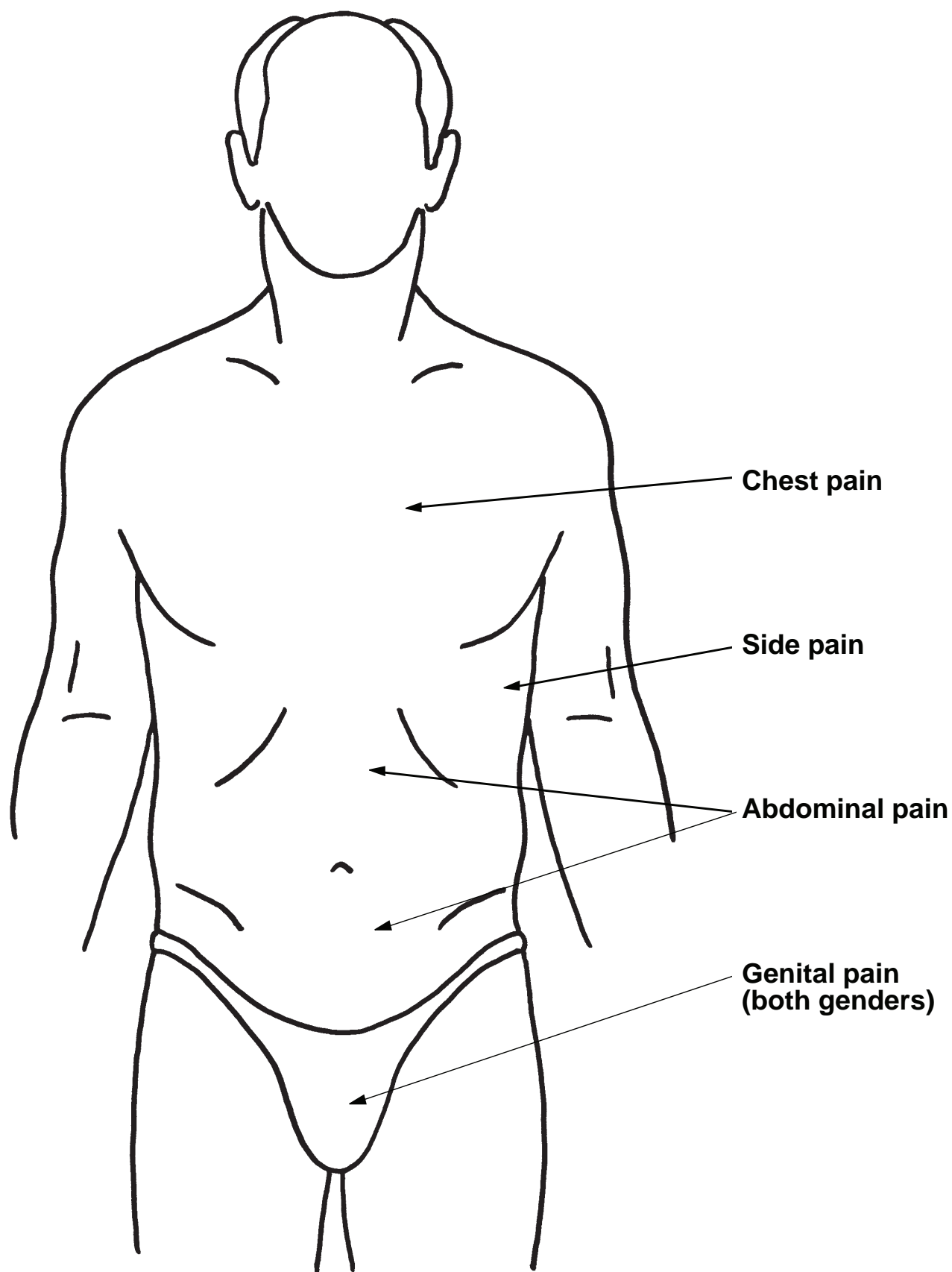
Adductor pollicis trigger points and referred pain pattern



Dorsal interosseous trigger points and referred pain pattern. The abductor digiti minimi manus muscle, trigger point, and referred pain are also included in this drawing.



First dorsal interosseous trigger points and referred pain pattern



Pain Guide

Chest, Abdominal, and Genital

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Abdominal

rectus abdominis
abdominal obliques
iliocostalis
deep spinal muscles
quadratus lumborum

Chest

pectoralis major
pectoralis minor
scalenes
sternocleidomastoid
sternalis
intercostals
iliocostalis
subclavius
abdominal obliques
diaphragm

Genital

pelvic floor muscles
abdominal obliques
adductor magnus
rectus abdominis
gluteus maximus
piriformis
psoas

Side

serratus anterior
abdominal obliques
intercostals
latissimus dorsi
diaphragm

Other Symptoms Guide

Chest, Abdominal, and Genital

Belching

abdominal obliques

Bladder Pain or Frequency

adductor magnus
abdominal obliques
piriformis (and other deep lateral rotators)
pelvic floor

Breast or Nipple Hypersensitivity

pectoralis major
serratus anterior

Cardiac Arrhythmia

pectoralis major

Cardiac Ischemia or Angina (false)

pectoralis major
pectoralis minor
sternalis
superficial spinal
iliocostalis

Chronic Pelvic Pain, Gynecological or Menstrual Pain

abdominal obliques
rectus abdominis
adductor magnus
pelvic floor
piriformis/deep rotators
psoas/iliacus

Coccyx (tailbone) Pain or Tenderness

gluteus maximus
multifidi
pelvic floor (levator ani, coccygeus, sphincter ani, and obturator internus)

Colic

rectus abdominis

Costochondritis

pectoralis major
serratus anterior
intercostal
diaphragm
abdominal obliques
rectus abdominis

Forward-Head Posture (slouching)

rectus abdominis
abdominal obliques
pectoralis major
pectoralis minor
sternalis
sternocleidomastoid
scalenes

Heartburn

upper abdominal obliques
rectus abdominis

Impotence

piriformis
pelvic floor (bulbospongiosus)

Indigestion

rectus abdominis

Nausea

rectus abdominis

Pain or Trouble with Motion

Bending and Lifting

rectus abdominis

Bowel Movement

pelvic floor (sphincter ani)

Ejaculation

pelvic floor (bulbospongiosus)

Lying Flat on the Back

pelvic floor (levator ani)

Reaching Out and Behind

pectoralis major
pectoralis minor

Rising from a Chair

superficial spinal muscles

Side Bending

abdominal obliques
superficial spinal muscles

Sitting

pelvic floor (levator ani and coccygeus)

Twisting

intercostals

Pain with Breathing, Coughing, Sneezing, or Difficulty Taking a Full Breath

scalenes
serratus anterior
pectoralis minor
pectoralis major
diaphragm
intercostals
abdominal obliques
rectus abdominis
latissimus dorsi

Penis Pain

rectus abdominis
pelvic floor (ischioavernosus and bulbospongiosus)

Perineum

piriformis
pelvic floor (levator ani, bulbospongiosus, ischiocavernosus)

Pseudo-Appendicitis

rectus abdominis

Rectal Pain and Sense of Fullness

adductor magnus
pelvic floor (levator ani,
obturator internus, and
sphincter ani)
piriformis

Scrotum Pain

quadratus lumborum
psoas/iliacus
pelvic floor (bulbospongiosus)

Testicular Pain

abdominal obliques
pelvic floor (bulbospongiosus
and ischiocavernosus)
quadratus lumborum

Urinary Frequency or Urgency

abdominal obliques

Urinary Incontinence

pelvic floor

Urinary Retention

abdominal obliques

Urinary Sphincter Spasm

rectus abdominis

Vaginal Pain or Vulvodynia

abdominal obliques
adductor magnus
pelvic floor (levator ani,
bulbospongiosus,
ischiocavernosus, and
obturator internus)

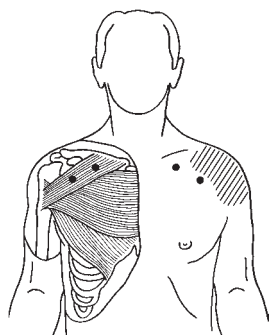
Vomiting, Projectile

abdominal obliques
rectus abdominis

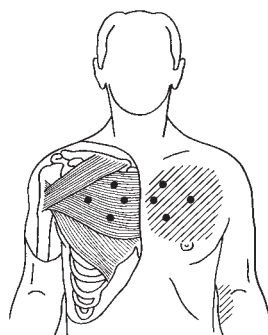
Caution: Please read the full treatment instructions for each muscle before beginning.

Pain Illustrations Guide

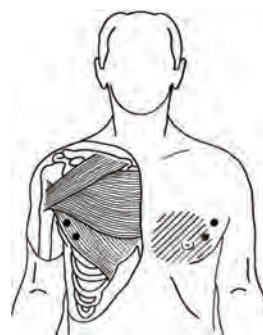
Chest, Abdominal, and Genital



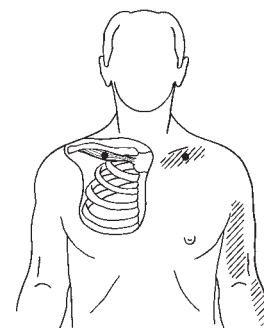
Pectoralis major, clavicular section: trigger points and referred pain pattern



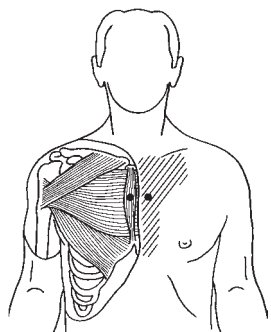
Pectoralis major, sternal section: trigger points and referred pain pattern



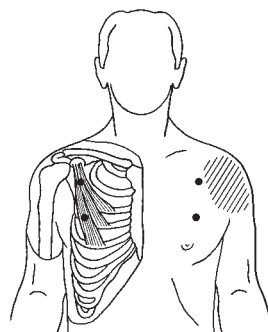
Pectoralis major, costal section: trigger points and referred pain pattern



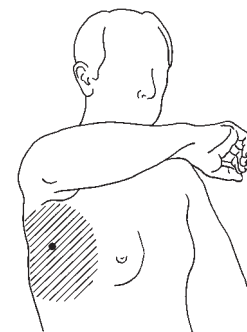
Subclavius trigger point and referred pain pattern



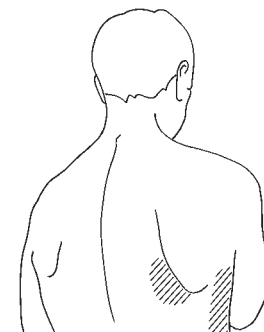
Sample sternalis trigger point and referred pain pattern



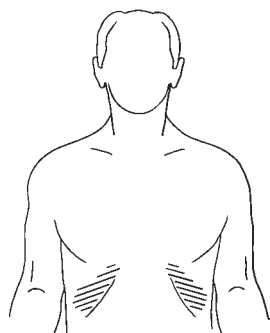
Pectoralis minor trigger points and referred pain pattern



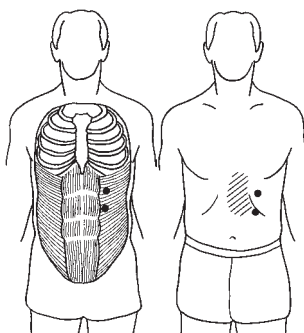
Serratus anterior referred pain pattern (side stitch)



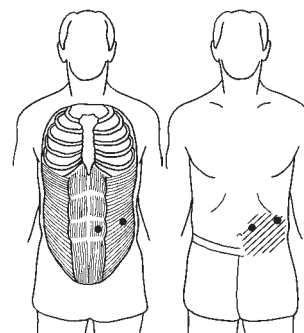
Serratus anterior referred pain pattern in the back



Diaphragm referred pain pattern. Trigger points are hidden behind the lowest ribs.

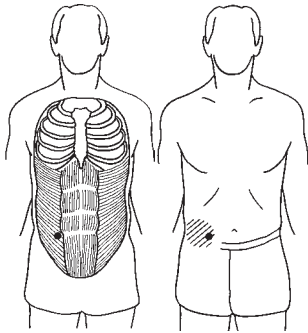


Upper abdominal trigger points and referred visceral pain pattern

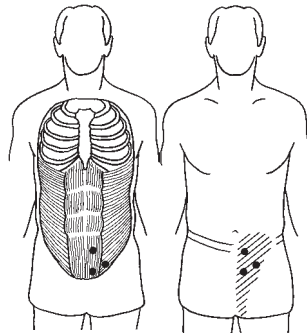


Midabdominal trigger points and referred visceral pain pattern

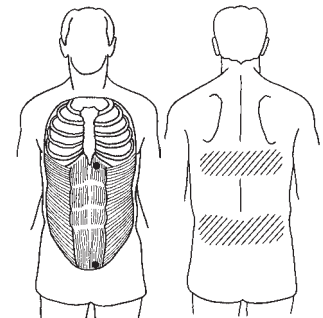
Caution: Please read the full treatment instructions for each muscle before beginning.



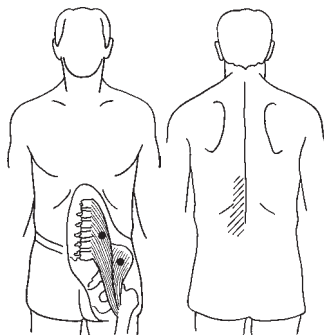
Pseudoappendicitis trigger point and referred pain pattern



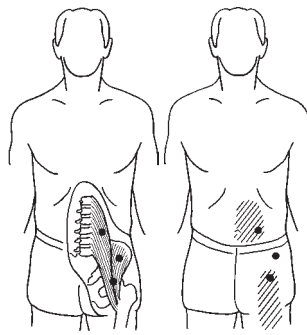
Lower abdominal trigger points and referred groin and genital pain (both genders)



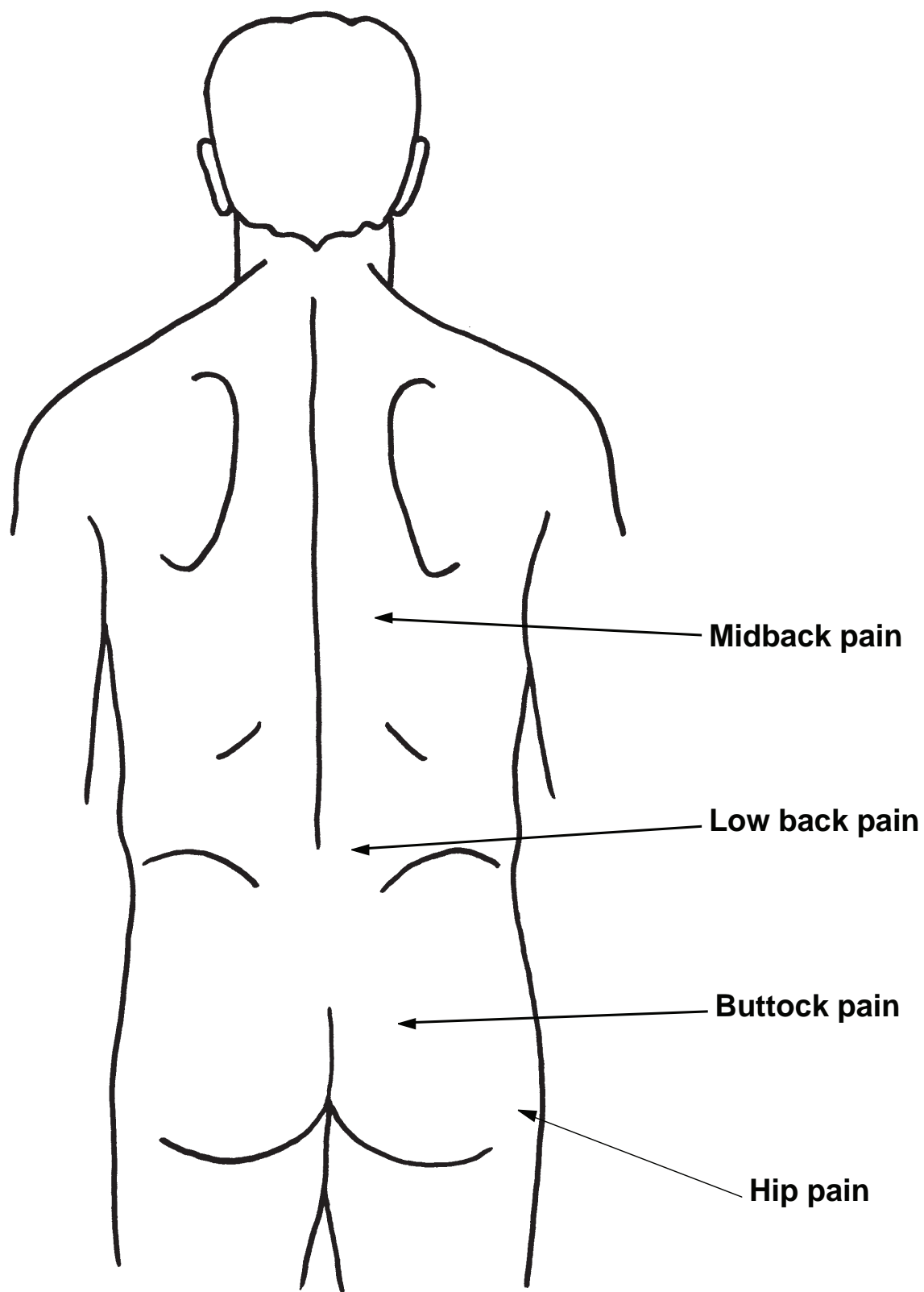
Abdominal trigger points and referred pain patterns in the back



Psoas and iliacus trigger points and referred pain pattern in the back



Psoas and iliacus trigger points and referred pain pattern in the abdomen, groin, and thigh



Pain Guide

Midback, Low Back, and Buttock

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Buttock

gluteus medius
 quadratus lumborum
 gluteus maximus
 superficial spinal muscles
 semitendinosus
 semimembranosus
 piriformis
 gluteus minimus
 rectus abdominis
 soleus

Coccyx (tailbone)

pelvic floor muscles (levator ani, coccygeus)
 gluteus maximus
 deep spinal muscles

Hip

gluteus minimus
 vastus lateralis
 piriformis
 quadratus lumborum
 tensor fasciae latae
 adductor longus and brevis
 gluteus maximus
 rectus femoris

Low Back

gluteus medius
 psoas/iliacus
 deep spinal muscles
 superficial spinal muscles
 quadratus lumborum
 gluteus maximus
 rectus abdominis
 soleus
 pelvic floor muscles

Midback

superficial spinal muscles
 deep spinal muscles
 serratus posterior inferior
 rectus abdominis
 intercostals
 latissimus dorsi
 serratus anterior

Sacrum

pelvic floor muscles
 gluteus medius
 quadratus lumborum
 gluteus maximus
 deep spinal muscles
 rectus abdominis
 soleus

Other Symptoms Guide

Midback, Low Back, and Buttocks

Leg-Length Inequality (mechanical, not structural)

Anterior Pelvic Tilt

iliacus
tensor fasciae latae
rectus femoris
gluteus medius
adductor longus

Pelvic Upslip

quadratus lumborum
superficial spinal muscles

Posterior Pelvic Tilt

semimembranosus
semitendinosus
biceps femoris
rectus abdominis
adductor magnus

Pain or Trouble with Motion

Coughing or Sneezing

rectus abdominis
quadratus lumborum
serratus posterior inferior

Forced to Crawl on All Fours

quadratus lumborum
psoas/iliacus

Forward Flexion (bending)

superficial spinal
quadratus lumborum
deep spinal muscles

Going Down Stairs or Hills

soleus

Going Up Stairs or Hills

superficial spinal muscles
gluteus maximus
quadratus lumborum

Hypersensitivity to Touch
superficial spinal muscles

Lifting

quadratus lumborum

Lying Down on Your Back

gluteus medius

Lying Down on Your Side

quadratus lumborum
gluteus minimus
gluteus medius
piriformis

Rising from a Low Chair or Car Seat

superficial spinal muscles
gluteus minimus
gluteus maximus
quadratus lumborum
psoas/iliacus
piriformis
semimembranosus
semitendinosus

Side Bending

quadratus lumborum
superficial spinal muscles
abdominal obliques
deep spinal muscles

Sitting

quadratus lumborum
piriformis
gluteus maximus
gluteus medius
semimembranosus
semitendinosus
pelvic floor
intrapelvic

Sit-Ups

psoas/iliacus

Standing

psoas/iliacus
quadratus lumborum
gluteus minimus
piriformis

Standing and Leaning Forward

quadratus lumborum
superficial spinal muscles

Swayback (exaggerated lumbar curve)

psoas

Swimming

gluteus maximus

Turning Over in Bed

quadratus lumborum
gluteus minimus

Twisting (rotation)

quadratus lumborum
superficial spinal muscles
deep spinal muscles

Upon Rising from Sitting or

Lying Down Too Long

psoas/iliacus

Walking

quadratus lumborum
gluteus medius
gluteus minimus
piriformis
psoas/iliacus

Sacroiliac Joint Dysfunction

gluteus minimus
superficial spinal muscles
quadratus lumborum
pelvic floor (coccygeus)
gluteus medius
piriformis
psoas/iliacus

Sciatica

piriformis
gluteus minimus
vastus lateralis
quadratus lumborum
semimembranosus
semitendinosus

Tenderness**Back**

superficial spinal muscles

Buttocks

gluteus maximus
gluteus medius
gluteus minimus
greater trochanter of femur
quadratus lumborum

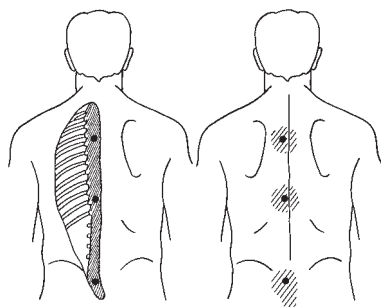
Pelvis (top edge)

gluteus medius
sacroiliac joint
quadratus lumborum
sacrum
gluteus medius

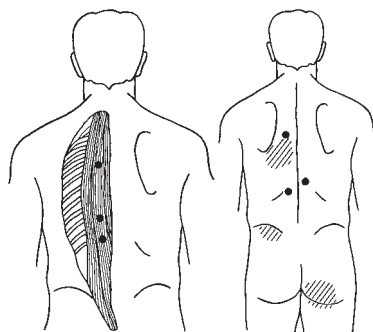
Caution: Please read the full treatment instructions for each muscle before beginning.

Pain Illustrations Guide

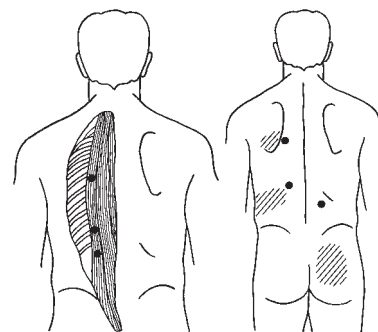
Midback, Low Back, and Buttocks



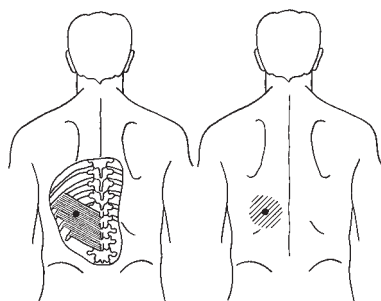
Deep spinal muscles; examples of trigger points and pain patterns. Trigger points can occur anywhere along the spine.



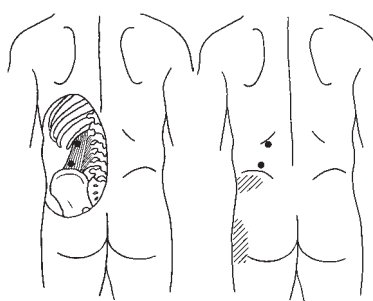
Longissimus trigger points and referred pain pattern. All three points occur on both sides.



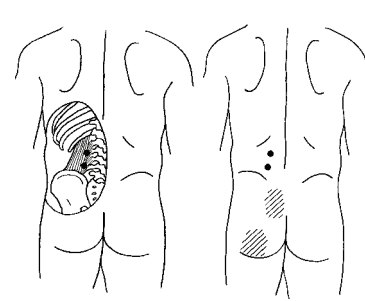
Iliocostalis trigger points and referred pain pattern. All three points occur on both sides.



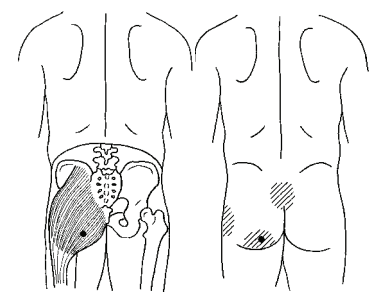
Serratus posterior inferior trigger point and referred pain pattern



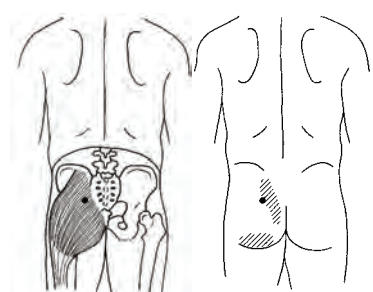
Quadratus lumborum superficial trigger points and referred pain pattern



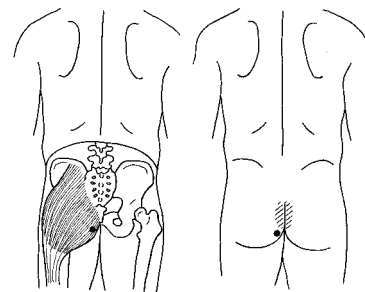
Quadratus lumborum deep trigger points and referred pain pattern. These points are hidden underneath the superficial spinal muscles.



Gluteus maximus number 1 trigger point and referred pain pattern



Gluteus maximus number 2 trigger point and referred pain pattern



Gluteus maximus number 3 trigger point and referred pain pattern

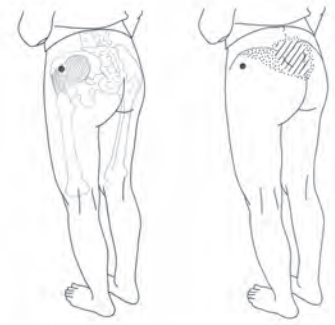
Caution: Please read the full treatment instructions for each muscle before beginning.



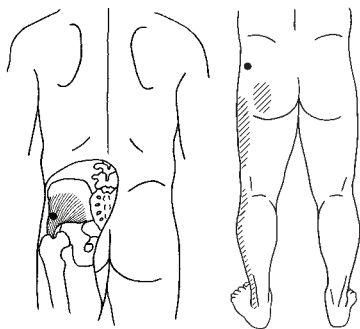
Gluteus medius number 1 trigger point and referred pain pattern



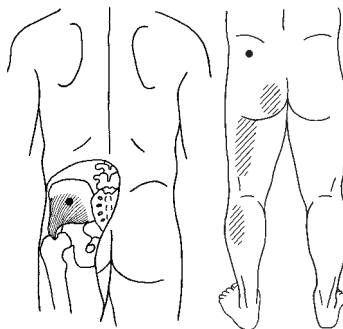
Gluteus medius number 2 trigger point and referred pain pattern



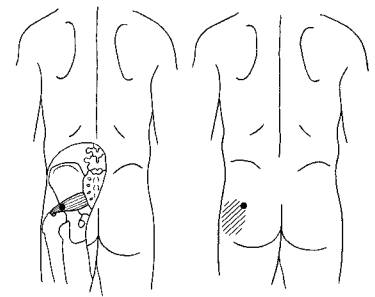
Gluteus medius number 3 trigger point and referred pain pattern



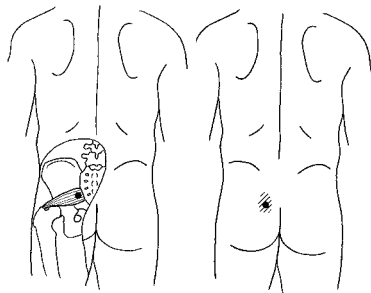
Gluteus minimus number 1 trigger point and referred pain pattern



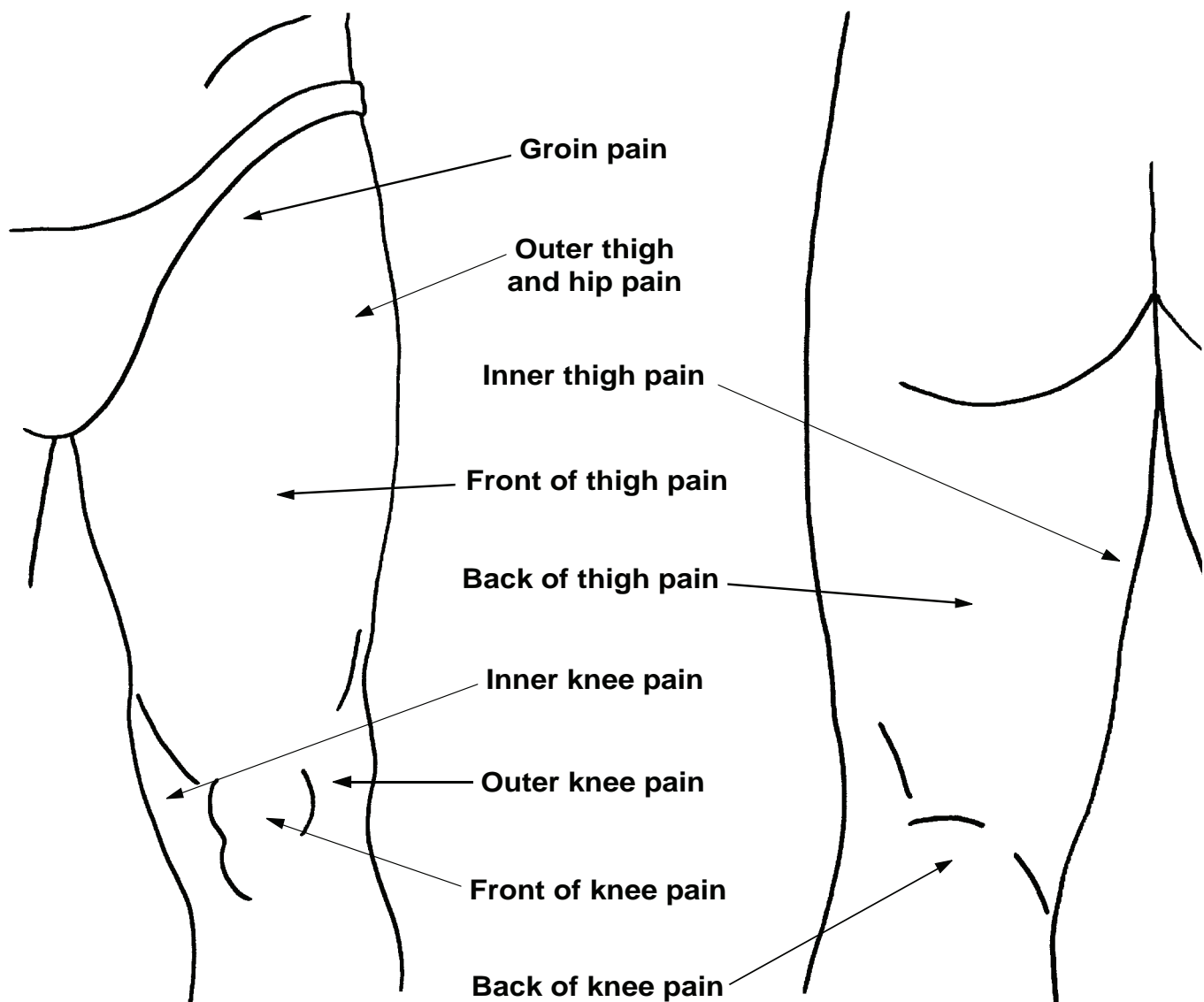
Gluteus minimus number 2 trigger point and referred pain pattern



Piriformis number 1 trigger point and referred pain pattern



Piriformis number 2 trigger point and referred pain pattern



Pain Guide

Hip, Thigh, and Knee

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Back of Knee

gastrocnemius
biceps femoris
popliteus
semitendinosus
semimembranosus
soleus
plantaris

Back of Thigh

gluteus minimus
semitendinosus
semimembranosus
biceps femoris
piriformis
pelvic floor muscles (obturator internus)

Front of Knee

rectus femoris
vastus medialis
adductor longus and brevis

Front of Thigh

adductor longus and brevis
psoas/iliacus
adductor magnus
vastus intermedius
pectineus
sartorius
quadratus lumborum
rectus femoris

Groin (also see Genital) Pain

pectineus
adductor longus and brevis
abdominal obliques
psoas/iliacus
rectus femoris
tensor fasciae latae

Inner Knee

vastus medialis
gracilis
rectus femoris
sartorius
adductor longus and brevis

Inner Thigh

pectineus
vastus medialis
gracilis
adductor magnus
sartorius

Outer Knee

vastus lateralis

Outer Thigh and Hip

gluteus minimus
vastus lateralis
piriformis
quadratus lumborum
tensor fasciae latae
adductor longus and brevis
vastus intermedius
gluteus maximus
rectus femoris

Other Symptoms Guide

Hip, Thigh, and Knee

Baker's Cyst (false)

biceps femoris
popliteus
plantaris

Numbness or Tingling

Thigh

piriformis
sartorius

Pain or Trouble with Motion

Buckling (weak) Knee

vastus medialis
vastus intermedius with
gastrocnemius

Buckling Hip

rectus femoris
vastus intermedius

Crouching

popliteus

Going Down Stairs or Hills

vastus medialis
rectus femoris
popliteus

Going Up Stairs or Hills

vastus intermedius
vastus lateralis

Inability to Straighten Knee

vastus lateralis
popliteus
vastus intermedius

Kicking toward Opposite Side (hip flexion and adduction)

pectineus

Limping

gluteus minimus
vastus lateralis
vastus intermedius
semimembranosus
semitendinosus
biceps femoris

Locking Knee

vastus lateralis

Lying on Your Side: Pain in the Top Hip

tensor fasciae latae

Lying on Either Side

gluteus minimus
tensor fasciae latae
vastus lateralis
adductor magnus

Rising from a Seated Position

pectineus
psoas/iliacus
gluteus minimus
vastus lateralis
vastus intermedius
semimembranosus
semitendinosus
biceps femoris

Running: Behind the Knee

popliteus

Sharp Pain or Tingling in Thighs

sartorius

Sleeping: Interrupted by Pain

rectus femoris
vastus medialis
biceps femoris
vastus lateralis

Sitting: Hip

semimembranosus
semitendinosus
piriformis
tensor fasciae latae
biceps femoris

Sitting: Lotus Position

pectineus

Standing

sartorius

Standing Up Straight

gluteus minimus

Stinging Pain: Inner Thigh

gracilis

Twisting at the Hip

adductor longus

Walking: Hip

quadratus lumborum
tensor fasciae latae
sartorius
gluteus minimus
piriformis
vastus lateralis

Walking: Hip or Leg

semimembranosus
semitendinosus

Walking: Back of Knee

biceps femoris

Phantom Limb Pain or Pain with Prosthetic

rectus femoris
semimembranosus
semitendinosus
biceps femoris

Pubic Stress Symphysitis

pectineus

Reduced Range of Motion**Abduction of Thigh (opening the legs)**

adductor longus
adductor magnus
pectineus

Crossing Legs

tensor fasciae latae
piriformis

Extension (taking long strides)

tensor fasciae latae
psoas/iliacus
pectineus

External Rotation of Thigh**(turning the feet and knees out)**

tensor fasciae latae
gluteus minimus
gluteus medius
adductor longus

Inability to Touch Toes

semimembranosus
semitendinosus
biceps femoris

Knee Flexion

vastus intermedius

Tenderness**Hip**

tensor fasciae latae

Thigh

tensor fasciae latae
vastus intermedius
vastus lateralis

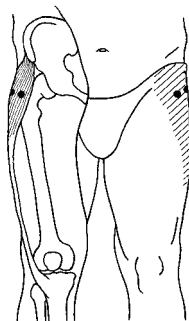
**Trochanteric Bursitis
(false)**

tensor fasciae latae
gluteus minimus
vastus lateralis

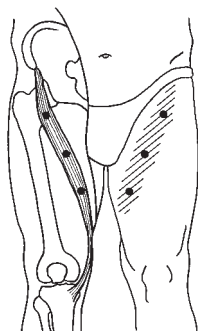
Caution: Please read the full treatment instructions for each muscle before beginning.

Pain Illustrations Guide

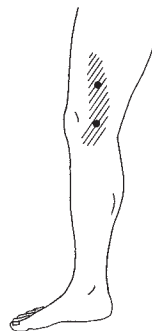
Hip, Thigh, and Knee



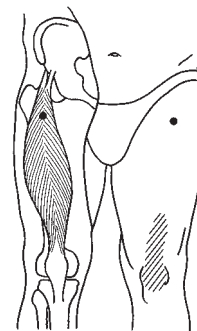
Tensor fasciae latae trigger points (in front and on the side) and referred pain pattern



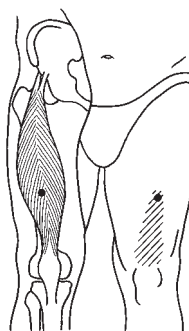
Sartorius trigger points and referred pain pattern



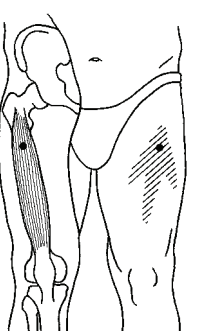
Sartorius referred pain pattern near the knee



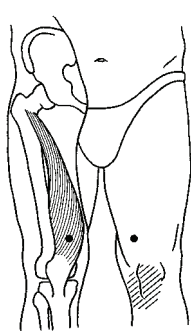
Rectus femoris number 1 trigger point and referred pain pattern



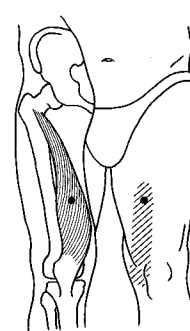
Rectus femoris number 2 trigger point and referred pain pattern



Vastus intermedius trigger point and referred pain pattern



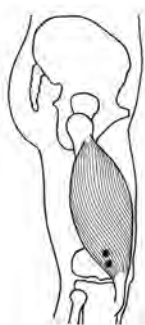
Vastus medialis number 1 trigger point and referred pain pattern



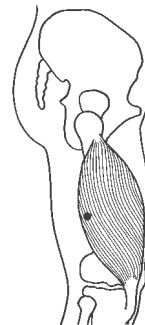
Vastus medialis number 2 trigger point and referred pain pattern



Vastus lateralis number 1 trigger points and referred pain pattern



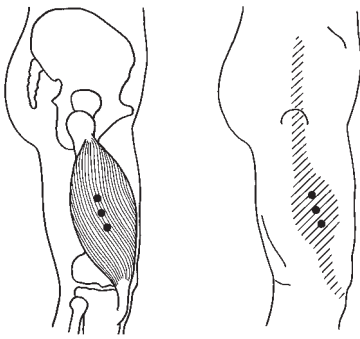
Vastus lateralis number 2 trigger points and referred pain pattern



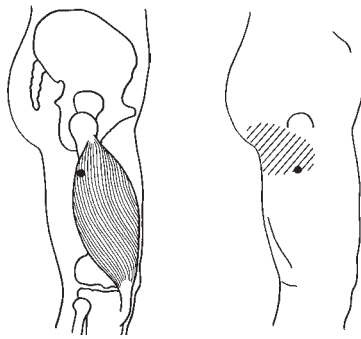
Vastus lateralis number 3 trigger point and referred pain pattern



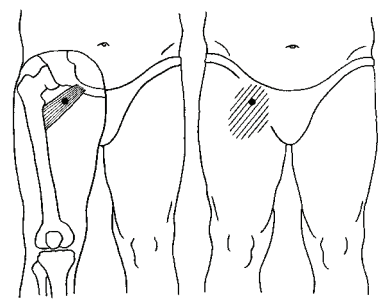
Caution: Please read the full treatment instructions for each muscle before beginning.



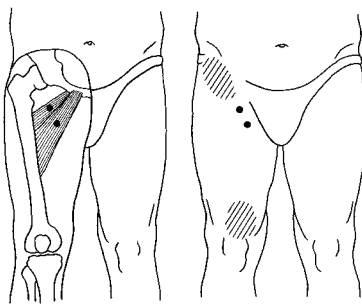
Vastus lateralis number 4 trigger points and referred pain pattern



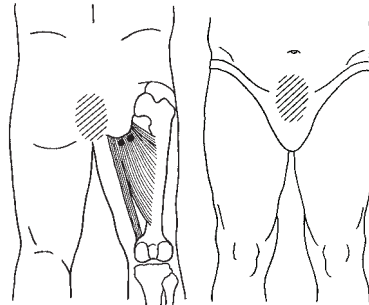
Vastus lateralis number 5 trigger point and referred pain pattern



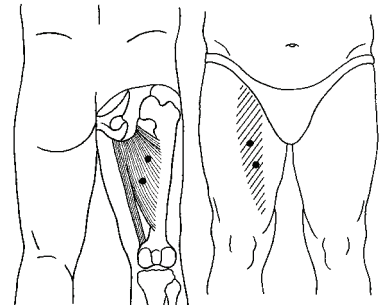
Pectineus trigger point and referred pain pattern



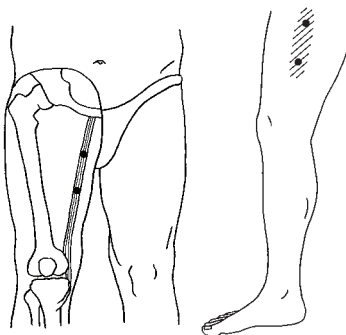
Adductors longus and brevis trigger points and referred pain pattern



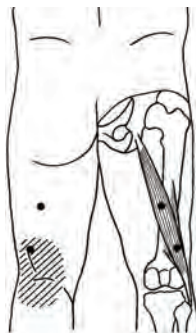
Adductor magnus number 1 trigger points and referred pain pattern



Adductor magnus number 2 trigger points and referred pain pattern



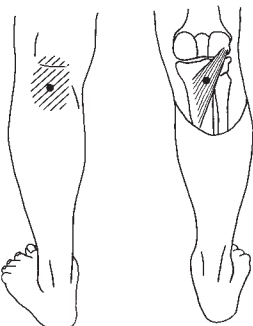
Gracilis trigger points and referred pain pattern



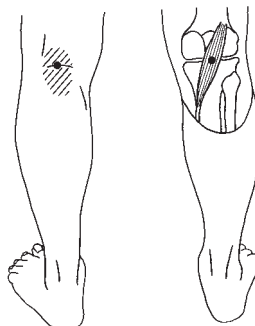
Biceps femoris trigger points and referred pain pattern



Semitendinosus and semimembranosus trigger points and referred pain pattern

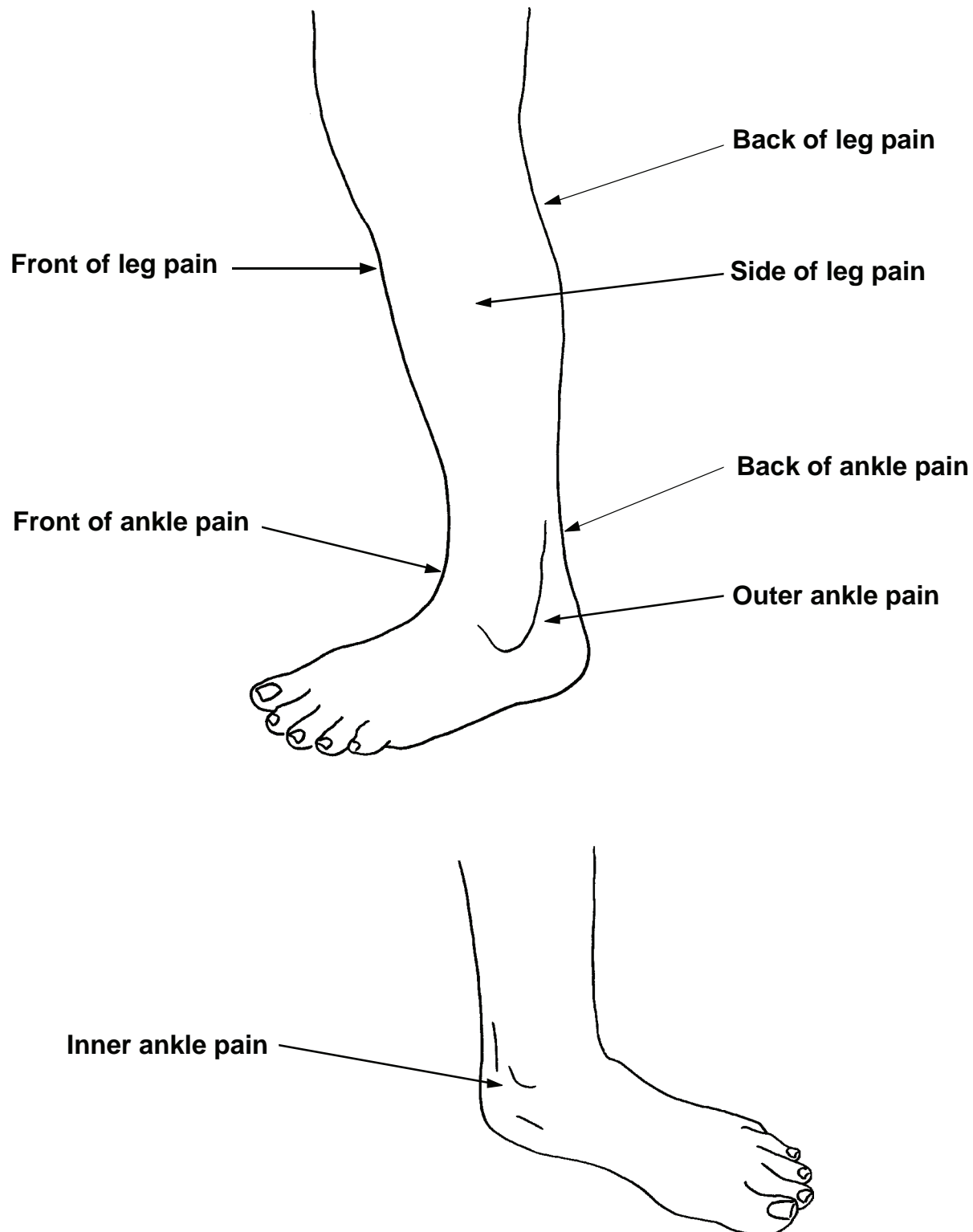


Popliteus trigger point and referred pain pattern



Plantaris trigger point and referred pain pattern

Lower Leg and Ankle



Pain Guide

Lower Leg and Ankle

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Back of Ankle

soleus
tibialis posterior
flexor digitorum longus

Back of Leg

soleus
gluteus minimus
gastrocnemius
semitendinosus
semimembranosus
flexor digitorum longus
tibialis posterior
plantaris

Front of Ankle

tibialis anterior
peroneus tertius
extensor digitorum longus
extensor hallucis longus

Front of Leg

tibialis anterior
adductor longus

Inner Ankle

abductor hallucis
flexor digitorum longus
soleus

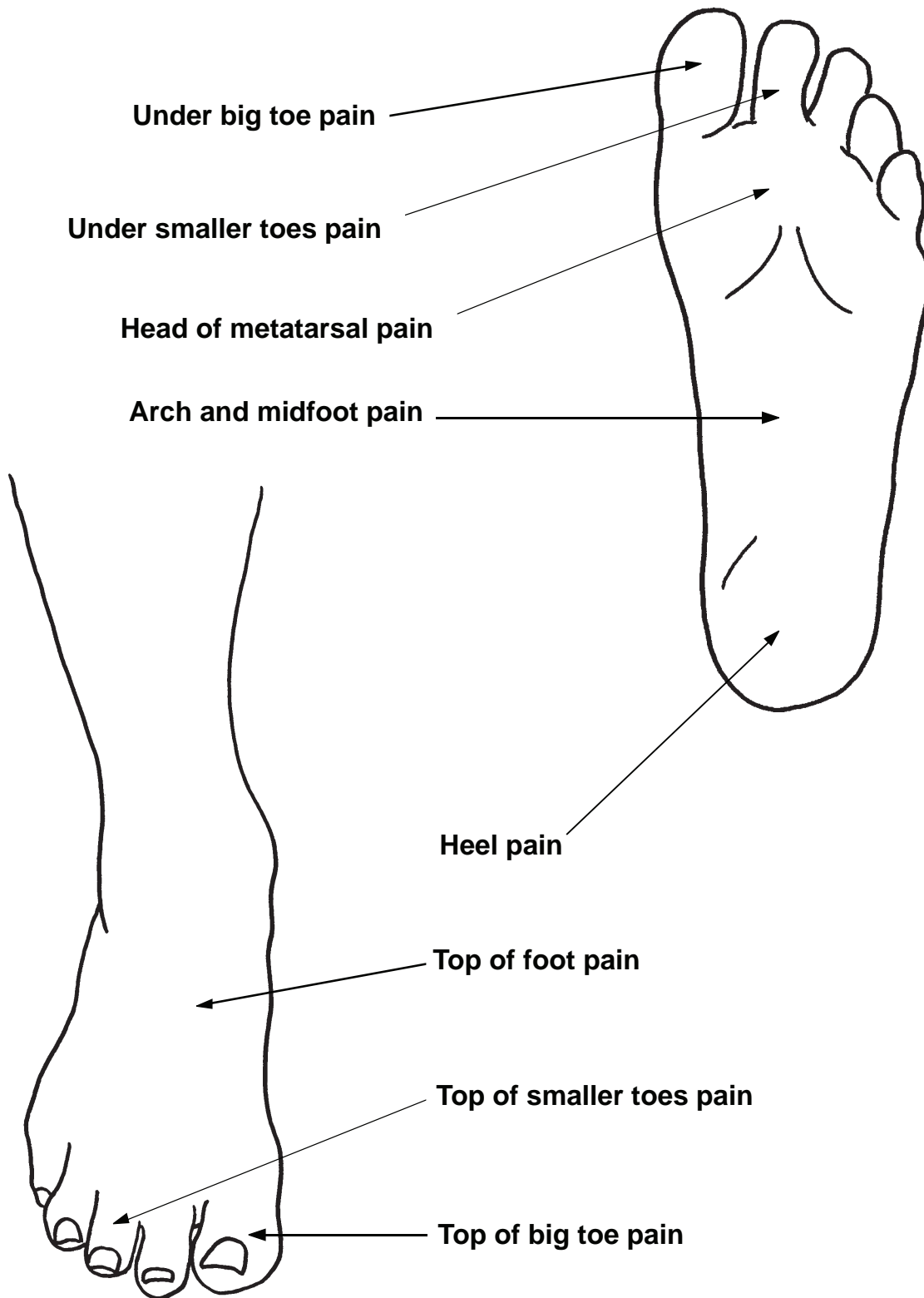
Outer Ankle

peroneus longus
peroneus brevis
abductor digiti minimi
peroneus tertius

Side of Leg

gastrocnemius
gluteus minimus
peroneus longus
peroneus brevis
vastus lateralis

Foot Pain



Pain Guide

Foot

Boldface type indicates a primary pain pattern. Regular type refers to a less common or satellite trigger point pattern. Muscles are listed in the order of how likely they are to be the problem. *Also see Other Symptoms Guide.*

Arch and Midfoot

gastrocnemius
flexor digitorum longus
adductor hallucis
soleus
abductor hallucis
tibialis posterior

Head of Metatarsal

flexor hallucis brevis
flexor digitorum brevis
adductor hallucis
flexor hallucis longus
interosseous
abductor digiti minimi
flexor digitorum longus
tibialis posterior
flexor digiti minimi brevis

Heel

soleus
quadratus plantae
abductor hallucis
tibialis posterior
abductor digiti minimi
gastrocnemius

Top of Big Toe

tibialis anterior
extensor hallucis longus
flexor hallucis brevis

Top of Foot

extensor digitorum brevis
extensor hallucis brevis
extensor digitorum longus
extensor hallucis longus
flexor hallucis brevis
interosseous
tibialis anterior

Top of Smaller Toes

interosseous
extensor digitorum longus

Under Big Toe

flexor hallucis longus
flexor hallucis brevis
tibialis posterior

Under Smaller Toes

flexor digitorum longus
tibialis posterior

Other Symptoms Guide

Lower Leg, Ankle, and Foot

Achilles Tendonitis

tibialis posterior
soleus
gastrocnemius

Ankle Sprain

peroneus longus
peroneus brevis
peroneus tertius

Claw Toes

flexor digitorum longus

Calf Cramps

gastrocnemius
extensor digitorum longus

Hammertoes

flexor digitorum longus
extensor digitorum longus

Morton's Foot Syndrome

peroneus longus
peroneus brevis
peroneus tertius
tibialis posterior
flexor digitorum longus
flexor hallucis longus

Numbness and Tingling

Lower Leg and Foot

piriformis

Big Toe

first interosseous

Toes

flexor digiti minimi brevis
flexor hallucis brevis
adductor hallucis
interosseous

Top of the Foot

peroneus longus

Plantar Fasciitis

soleus
gastrocnemius
quadratus plantae
flexor digitorum brevis
abductor hallucis
abductor digiti minimi

Pain or Trouble with Movement

Aching Pain at Rest

abductor hallucis
abductor digiti minimi
flexor digitorum brevis

Ankle

tibialis anterior

Back of Knee Pain while Climbing Up Stairs or Hills

gastrocnemius
soleus

Difficulty Picking Things Up off of the Floor

soleus

Dorsiflexion (flexing foot)

soleus
tibialis anterior

Foot Drop

tibialis anterior
peroneus longus
extensor digitorum longus

Foot Slap

tibialis anterior
extensor digitorum longus

Pain and Swelling of Ankle and Foot

soleus

Running

soleus
tibialis posterior

Standing

flexor digitorum longus
flexor digitorum brevis
flexor hallucis longus

Standing: Leaning Forward

gastrocnemius

Straightening the Knee with Foot Flexed

gastrocnemius

Tripping

tibialis anterior

Unstable Ankle (also see Morton's Foot)

peroneus longus
peroneus brevis
peroneus tertius

Walking

tibialis anterior
tibialis posterior
gastrocnemius

soleus
flexor digitorum longus
flexor hallucis longus
flexor digitorum brevis
flexor hallucis brevis

Walking Down Stairs or Hills

soleus

Walking Fast

soleus
gastrocnemius

Walking on Slanted Surface

gastrocnemius

Shin Splint

tibialis anterior

Tenderness**Achilles Tendon**

soleus

Ankle

tibialis anterior
peroneus tertius

Big Toe

tibialis anterior

Bottom of Forefoot

adductor hallucis
flexor digitorum longus
flexor digitorum brevis

Heel

soleus
quadratus plantae

Sides of the Toes

interosseous

Top of Feet

extensor digitorum longus
extensor hallucis longus

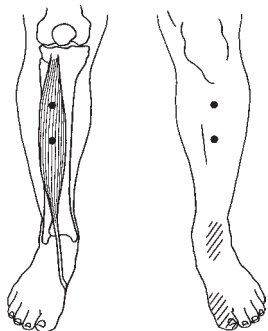
Weakness**Ankle**

tibialis anterior
extensor digitorum longus
peroneus longus
peroneus brevis
peroneus tertius

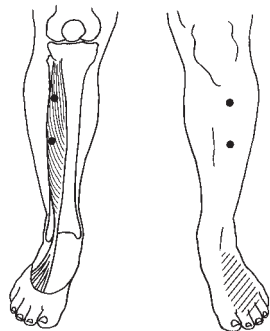
Caution: Please read the full treatment instructions for each muscle before beginning.

Pain Illustrations Guide

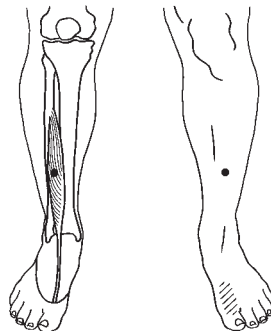
Lower Leg, Ankle, and Foot



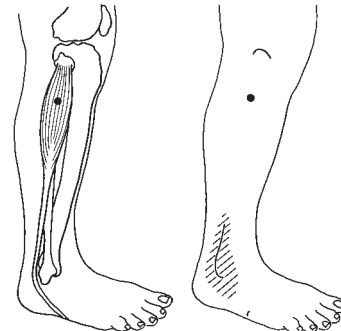
Tibialis anterior trigger points and referred pain pattern



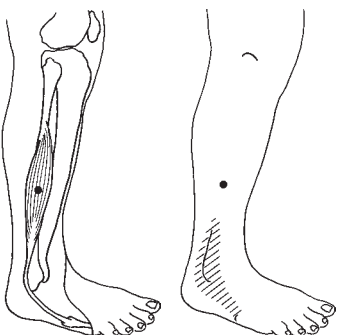
Extensor digitorum longus trigger point and referred pain pattern



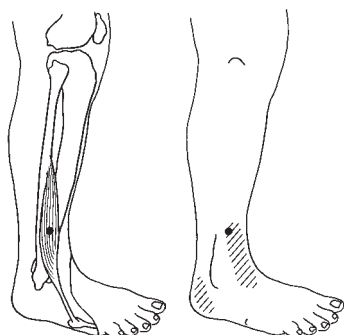
Extensor hallucis longus trigger point and referred pain pattern



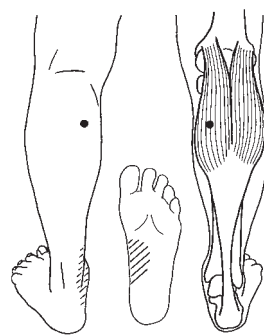
Peroneus longus trigger point and referred pain pattern



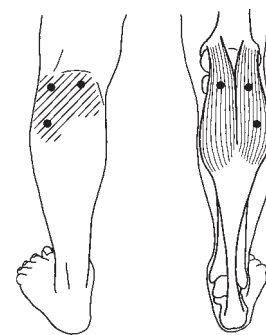
Peroneus brevis trigger point and referred pain pattern



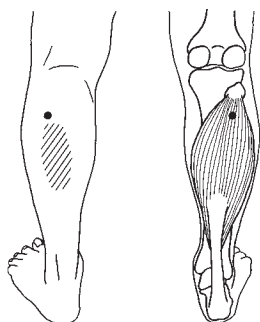
Peroneus tertius trigger point and referred pain pattern



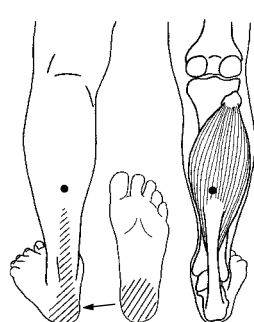
Gastrocnemius number 1 trigger point and referred pain pattern



Other gastrocnemius trigger points and local pain pattern



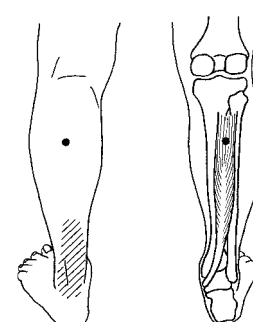
Soleus number 1 trigger point and referred pain pattern



Soleus number 2 trigger point and referred pain pattern

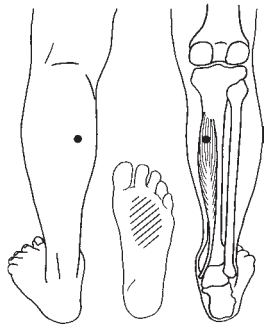


Soleus number 4 trigger point and referred pain pattern

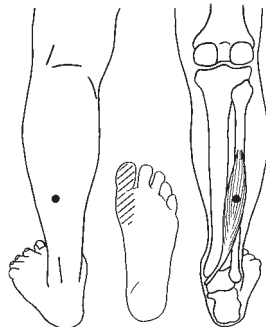


Tibialis posterior trigger point and referred pain pattern

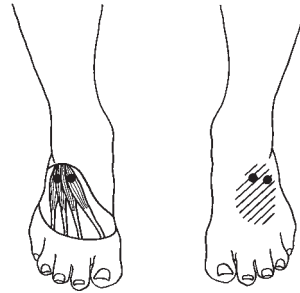
Caution: Please read the full treatment instructions for each muscle before beginning.



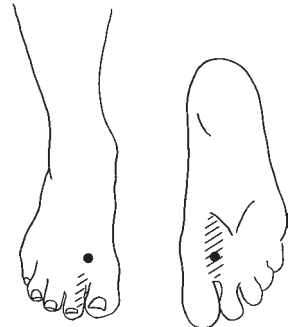
Flexor digitorum longus trigger point and referred pain pattern



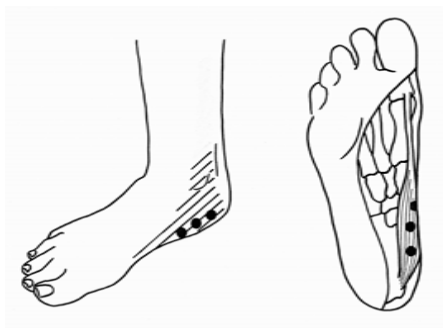
Flexor hallucis longus trigger point and referred pain pattern



Extensor digitorum brevis and extensor hallucis brevis trigger points and referred pain pattern



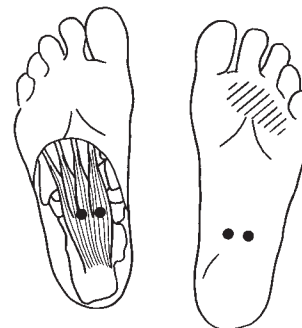
Sample interosseous trigger point and referred pain pattern. These muscles lie between each metatarsal.



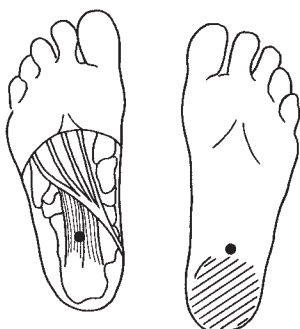
Abductor hallucis trigger points and referred pain pattern



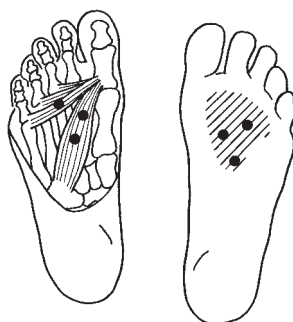
Abductor digiti minimi trigger points and referred pain pattern



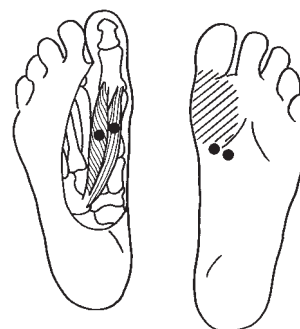
Flexor digitorum brevis trigger points and referred pain pattern



Quadratus plantae trigger point and referred pain pattern



Adductor hallucis trigger points and referred pain pattern



Flexor hallucis brevis trigger points and referred pain pattern



Flexor digiti minimi brevis trigger point and referred pain pattern